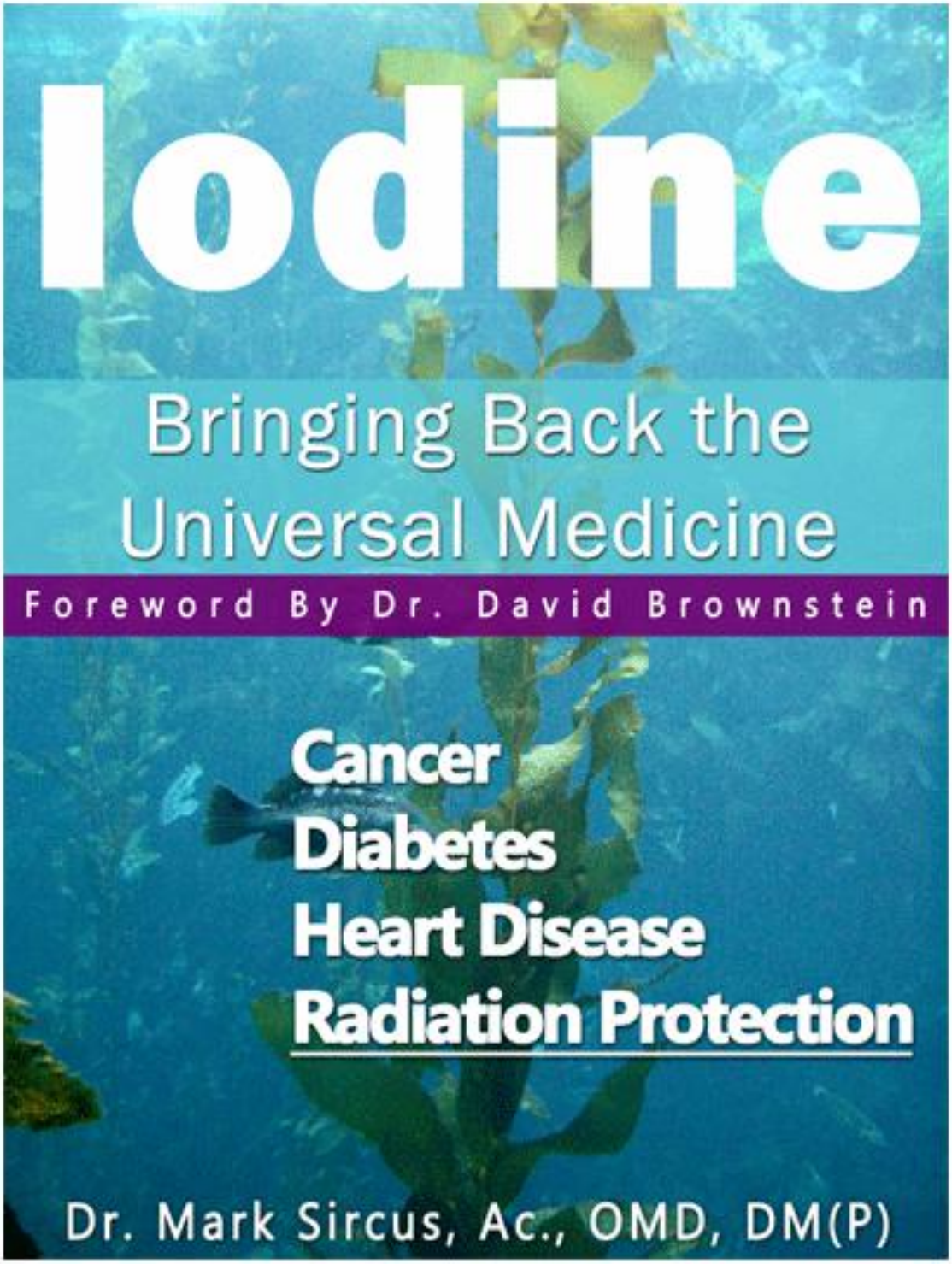
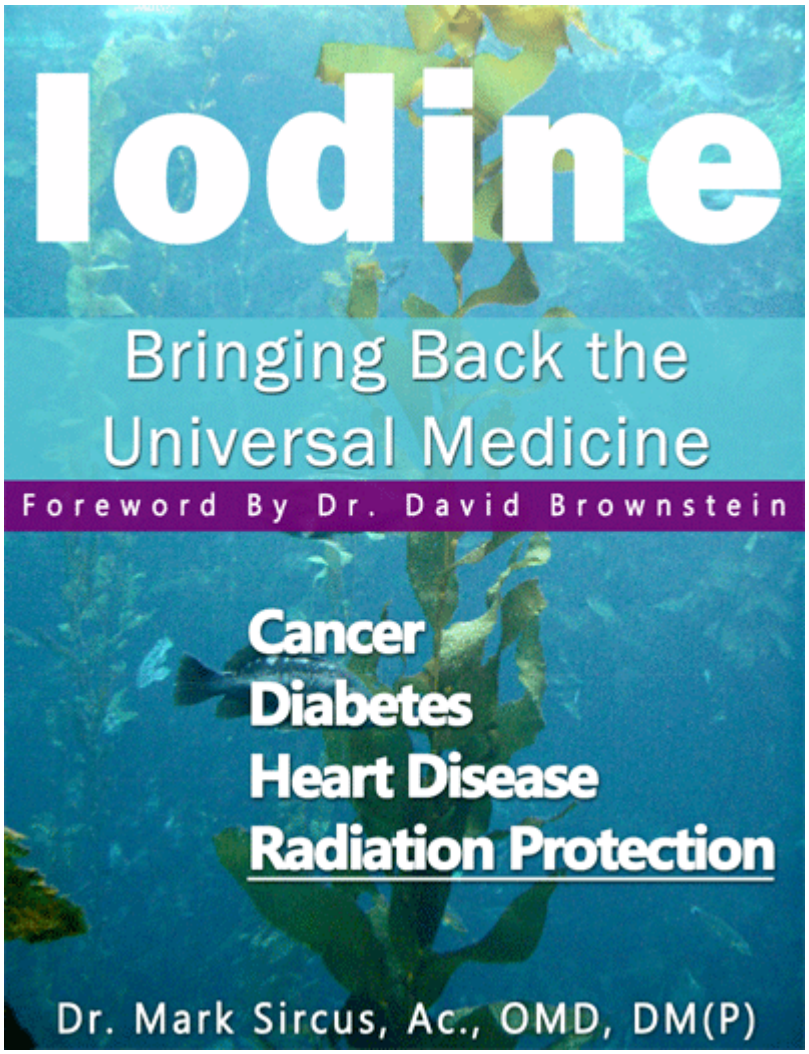

Iodine
Bringing Back the Universal Medicine
Foreword By Dr. David Brownstein
Cancer
Diabetes
Heart Disease
Radiation Protection
Dr. Mark Sircus, Ac., OMD, DM(P)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About Dr. Sircus and His Methods (Protocol)

Dr. Mark Sircus, Ac., OMD, DM (P) (acupuncturist, doctor of oriental and pastoral medicine) is a prolific writer and author of some astounding medical and health-related books. Dr. Sircus's methods are based on medical science and long years of clinical experience, not only his own but experiences of doctors from around the world who have been practicing brilliant medicine.

His books are heavily referenced, but the layperson finds little difficulty in understanding his presentation of medical topics. For many years Dr. Sircus has been researching into the human condition and into the causes of disease; he has distilled many of the divergent medical systems into a new form of medicine that he has coined *Natural Allopathic Medicine*.

Natural Allopathic Medicine represents a new therapeutic principle that revolutionizes both allopathic and naturopathic medicine offering a radical shift in medical thought and practice. Dr. Sircus's protocol addresses foundational physiology. It focuses on pH management, cell voltage, magnesium and iodine medicine,

cannabinoid medicine, carbon dioxide medicine, re-mineralization of the body, increasing oxygen transport and oxygenation of the tissues, opening up of blood vessels, saturation and healing of cells with concentrated nutrition via superfoods, breathing retraining, emotional transformation processing, detoxification and removal of heavy metals and radioactive particles.

The exciting part of Dr. Sircus's protocol is that it is easy to learn and anyone can start implementing it even while being treated by other approaches. Secondly, with a recent medical breakthrough—a *legalized* form of medical marijuana now available throughout the world—Dr. Sircus's protocol is entirely legal.

With the publication of Dr. Sircus's *Treatment Essentials* book, which actually teaches people to put into practice this medical approach, anyone will now have access to the information that will enable them to take charge of their own health.

Dr. Sircus's approach is humanitarian because it pays attention to the majority who cannot afford expensive medical treatments or pharmaceutical drugs. With the Natural Allopathic Medicine protocol, people with limited funds can make use of the top three medicinals mentioned above—magnesium chloride, sodium bicarbonate (baking soda), and iodine—to inexpensively treat most health problems. Add breathing retraining, CBD, superfoods, vitamin C, plenty of water good enough to be called a medicine, enough sun, daily magnesium massages and one will improve or cure almost any ailment.

Contact / Consultation

Consultation

For consultations with Dr. Sircus please visit the consultation page.

FAQ

To see the Frequently Asked Question please go to the FAQ Page.

Emails

If you need direct contact, please send your emails to
support@drsircus.com

Book Dedication

This book is written to honor the people of Japan who have suffered a devastating tragedy beyond all imagination with the destruction of their nuclear reactors after an earthquake and tsunami took its toll on March 11, 2011.

It is also dedicated to the entire race of humanity who seeks to survive the consequences of the radiation now in our atmosphere, the food we eat, and the water we drink. We are all forever changed. Here is a heartfelt request from one of my IMVA readers:

Please do all that you can to help get the message out. I am only one person and without funds at this time. What is happening is so disturbing. There is no place to run for the poor. No underground shelter no bomb shelters. At the very least, they could allow us to heal ourselves and have a chance to live.

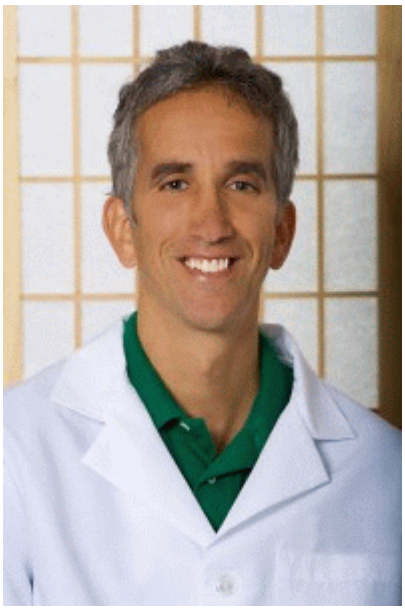
I pray that the learned men and women of this country with law degrees and medical degrees will begin to stand up and speak out and demand immediately changes. We are all affected by this.

> Isaiah 24:2
>
> And it shall be, as with the people, so with the priest; as with the servant, so with his master; as with the maid, so with her mistress; as with the buyer, so with the seller; as with the lender, so with the borrower; as with the taker of usury, so with the giver of usury to him.

Peace to you, to all those that you love and to the world.

Mrs. Charlotte Smith

FOREWORD



Dr. Mark Sircus has done it again. He has written a new book, ***Iodine: Bringing Back the Universal Medicine***. Dr. Sircus' work is certainly apropos for what is happening in our world. At the time of this writing (4.23.11), the Japanese nuclear disaster is still, nearly five weeks later, spewing radioactive contamination into the atmosphere.

At the present time, the mainstream media has lost interest in the story. Our government does not keep us informed about what is happening. It has become difficult to get up-to-date information. However, thanks to Mark Sircus' work, we can all be educated on the significance of this disaster and what we can do about it.

Should we be concerned about the Japanese meltdown? Will there be health consequences for people outside of Japan? The answer to both of these questions is a resounding "yes". There is no safe amount of

radiation. All radiation is damaging to the body. And, radiation is cumulative in the body—it adds up over time.

The mainstream media as well as conventional medicine would have you believe that the 'small' amount of radiation that will be deposited in the U.S. is of no concern. That is a false statement. Who is at risk from this radiation? We are all at risk but the most vulnerable of our population—the children and pregnant women are at the highest risk.

In many different areas of the U.S., radioactive iodine from the Japanese meltdown has been detected in the water and milk supply. With spring here and the planting and growing of new crops, there is no doubt that radioactive iodine will also be found in many different food items. Small amounts of radioactive iodine would not be a problem for the vast majority of Americans if they were iodine sufficient. Sadly, that is not the case.

Over the last 30 years, iodine levels have fallen over 50 percent in Americans. Currently, my partners and I have tested over 5,000 patients for iodine. Our results could not be clearer; over 95% of patients have tested low for iodine, with the vast majority testing severely low. What does this have to do with the Japanese meltdown?

Every cell in the body requires and utilizes iodine. Iodine is concentrated in the glandular tissue such as the thyroid, breasts, ovaries, uterus, and prostate. Iodine is needed to maintain normal architecture of the glandular tissue as well as to prevent abnormal cell growth. Iodine deficiency leads to the formation of cysts, nodules, hyperplasia, and eventually cancer of the glandular (as well as other) tissue. If you are deficient in iodine, your body will absorb

whatever form of iodine that it can find. If you are iodine-deficient and your only source of iodine is radioactive iodine, it is the form of iodine you will absorb and concentrate in the body. Radioactive iodine will destroy and alter normal tissue. There are many studies showing the cancer-causing adverse effects of radioactive iodine.[1], [2]

Here we have the perfect storm; a severely iodine-deficient population exposed to radioactive iodine. However, the story is not so bleak. Dr. Sircus' book can educate you on the significance of this disaster as well as what you can do about it. What can you do about it? Take iodine. It really is that simple. Iodine is a potent antioxidant. It can protect the body from damaging radiation. Furthermore, it can protect the glandular tissue from damage due to radioactive iodine. Studies have shown that 10 mg of iodine daily for a few days can decrease the absorption of radioactive iodine by over 95%.[3]

I have found it nearly impossible for a patient to achieve their optimal health without ensuring iodine sufficiency. However, iodine is not the only nutrient that can help. Dr. Sircus does a fantastic job of explaining which nutrients aid the body to prevent and treat a host of ailments.

Dr. Sircus' book should be read by all health care workers and lay people alike. It is important to make your own health care decisions. You can only make the best health care decisions if you have the proper knowledge. Dr. Sircus provides you with this knowledge in *Iodine: Bringing Back the Universal Medicine*.

David Brownstein, M.D. 4.23.11
www.drbrownstein.com
Author: 10 books including:

- *Iodine: Why You Need It, Why You Can't Live Without It, 4th Edition*
- *Drugs that Don't Work and Natural Therapies That Do, 2nd Edition,*
- *The Miracle of Natural Hormones, 3rd Edition,*
- *Overcoming Thyroid Disorders, 2nd Edition,*
- *Overcoming Arthritis*
- *The Guide to Healthy Eating, 2nd Edition*
- *Salt Your Way to Health, 2nd Edition*
- *The Guide to a Gluten-Free Diet*
- *The Guide to a Dairy-Free Diet*
- *The Soy Deception*

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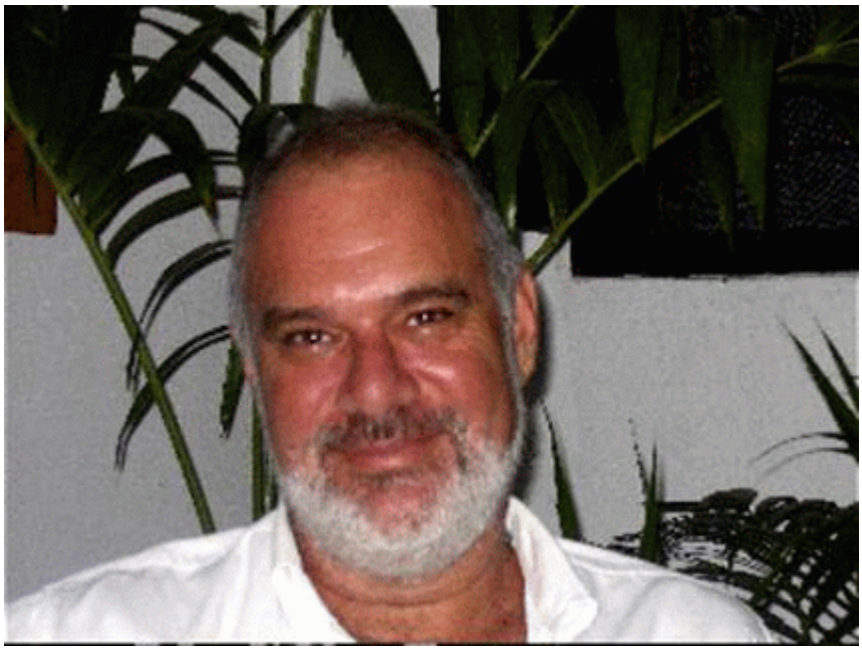
[1]J. Insur. Med. 2001;33(2):138-42

[2]J. Clinl. Endocrin. And Metabl. 2007. Jun. 92. (6)

[3]Sternthal. N. Eng. J. Med. 303:1063-1080: 1980

About this Book and from the Author



Everyone needs to hear the iodine story! Everyone needs to be talking about iodine to others who might not have heard the message. There is nothing more important in the entire world today than taking our daily iodine supplements.

It is cruel to deny people full information about iodine. Information about iodine needs to be plastered all over the public media helping the public know and remember the importance of starting and ending each day with iodine for every man, woman and child on earth.

Now that we have really spoiled our nest here on planet earth with live nuclear fission taking place in the environment, we have to take immediate steps to block the uptake of radioactive iodine. An appropriate public health response to the nuclear disaster in Japan starts with iodine because any lack of the nutritional type will attract

the kind of the radioactive type like honey attracts bees. The last thing anyone wants to be walking around with is a thyroid so starving for iodine it will take on the nasty radioactive isotope of iodine instead.

This is only the beginning of building our biological defenses against increasing radiation. It does not end with iodine but it certainly starts with it. There are many things we need to do to protect ourselves and our children and that story will be told in *Radiation Toxicity Syndrome*. There are many things needing to be added to the list of remedies besides iodine to address the onslaught of the different types of radioactive particles and we will mention them in this book in brief because you need the information right now.

This new edition of *Iodine - Bringing Back the Universal Medicine* actually serves as volume one to *Radiation Toxicity Syndrome*. The main and immediate point of this book is that everyone needs to take iodine and this needs to be considered as somewhat of an emergency. Federal governments who are being controlled by some international force of inhumane design are allowing the thyroids of everyone in the northern hemisphere to mop up radioactive iodine. And women's breasts and their breast milk—like the grass below our feet—will also be contaminated by the absorption of radioactive iodine.

One hundred and fifty years ago medicine woke up enough to learn that iodine is the one and only answer to goiter. Now it has to wake up again to the vital importance that iodine plays when dealing with radioactive iodine, which has been spreading around the northern hemisphere for five weeks already.

It all boils down to one thing—taking your iodine!

Sergei Belyakov, a jumper at Chernobyl said, **"The action of radiation on a living organism is extremely different—there are people who can sustain that very well; unfortunately there are people who get just a pinch of what a normal human being would get and it would be lethal."**

A great part of the secret of weathering the storm of increased radioactivity is tied to the administration and long-term sustainment of concentrated nutritional medicine. Iodine is such a medicine. But "don't do anything to protect yourself and your children" is the basic message put out in the press. Why should you or anyone else do anything if it's a "safe" danger or one that has not arrived yet? The typical assessment for treatment normally reads like this:

> **There is no specific treatment once exposure has occurred** but management is generally supportive whilst the body recovers from the damage done—anti-nausea drugs and painkillers can be used to relieve symptoms of radiation sickness. Antibiotics may also be needed to fight off secondary infection. Blood transfusions may be necessary for patients suffering from anemia. Radiation-related illnesses tend to show themselves about 10 to 15 years after a radiation disaster.

Both this book and *Nuclear Toxicity Syndrome* debunks this allopathic hogwash. There are treatments that one can administer both before and after contamination that will go a long way to prevent the formation of cancer and other problems resulting from radiation contamination.

It is an especially important moment for parents around the world to sit up and take notice of what they will need to do to protect their

children against the toxicities that are threatening them from many sources. At this link please see my initial response and publication to the radiation emergency during its first week. It will give you a good preview of the materials you should be considering purchasing quickly and what I will be covering in depth in *Nuclear Toxicity Syndrome*.

The main and most immediate point of my work these past weeks is to teach people to defend themselves and heal from the effects of radiation exposure and this urgent lesson is not just offered to the Japanese. The jet stream is already carrying nuclear particles across the Pacific yet the sirens of warning are not blaring. In fact the press is more concerned with Libya and a host of other things than an out-of-control nuclear power station. The world seems its normal self these days if you read the papers and watch TV but the situation is anything but normal.

People though who are watching and using all the news gathering capability of the Internet are in horror as events continue to spin out of control in Japan. The country is facing the worst nuclear crisis in history and they are continuing to be hit by repeated earthquakes. All eyes and ears are focused on the very real threat of radiation poisoning traveling around the globe but governments, the press and medical officials don't want us to loose and sleep over the radiation, after all its safe! If you believe this medical bunkum then don't bother reading this book.

It is not a good time to be caught like deer in the headlights nor have our heads stuck in the sand about iodine or anything else that affects our survival and the health of our children.

This new edition on iodine is not just a second edition—it's a new edition focused on iodine as an absolute necessity in the age of increased radiation exposure. What you are going to read in this book is at odds with everything the CDC, FDA and public media will tell you about iodine, the seriousness of the disaster in Japan, and the need to protect oneself from "slightly" increasing radiation levels, which turn out to be not so slight as officials would have us believe.

Brian Paragamian wrote:

> I believe we are in the early stages of a major currency and debt crisis we have never seen here before in the United States. Yet, our government continues to paint a rosy picture. **Why can't they fess up and tell us the truth as to what is really happening and how dire the situation really is?** I don't believe anything that comes out of Washington DC these days and it doesn't seem like I am the only one. I just heard last week, two CNBC contributors who we see nearly every morning talking about economic data say they don't believe anything Washington says either. We could be in the midst of a major collapse of our national monetary system and our government is not telling us.

Paragamian is talking about debt, interest rates and financial disaster, which will come our way even faster because of the difficulties in Japan. I share his words not only as a warning about economic concerns but also to share just how untrustworthy the government is and how it has utterly failed as a big Uncle. It's raining radiation in the United States and the government does not even advise us to take out some nuclear umbrellas!

Most mainstream doctors believe that nutritional iodine only protects us from radioactive iodine and not the rest of the dangerously hot radioactive particles. Though this is true in a literal sense it is NOT TRUE in a medical sense.

Radiation causes death not only through cancer but also through heart disease, diabetes and other chronic situations. Talking about those affected by Chernobyl, Dr. Janet Sherman said of an estimated 985,000 people, "They died of multiple different kinds of diseases, from heart disease to cancer, brain damage, thyroid cancer, but many children died in the uterus or died of birth defects after they were born." The people and nuclear industry report only 4,000 of these—the rest get lost in the "safeness" of nuclear radiation. They have to lie because they cannot be seen to be responsible for so many deaths.

A Million Dead from Chernobyl

www.youtube.com/watch?v=Oc72kT_gFNQ

In the first edition I started out with these words:

The role of iodine in the body goes far beyond
its function of making thyroid hormones.
Iodine is related to the ability to resist disease.

This book you have in your hands is a medical text about one of the most useful medicinal substances that exists. In fact just over a hundred years ago iodine was allopathic medicine's most universal medicine. Today many doctors are seeking alternatives and many alternative health care practitioners are in search of more powerful

and safe ways of helping their clients. Iodine should satisfy everyone because it has the potential to help just about everyone who supplements with it. We all need iodine to survive; it is essential for human physiology, so **our health is dependent on its presence in sufficient quantities.**

One of the main points of this iodine book is that not only is it necessary for the specific protection of our thyroid glands against the unnatural invasion of radioactive iodine—but that **it is also necessary in a very broad sense to help protect the body from falling down in the face of all the different types of radiation**. It will help the body not fall so easily into, cancer metabolic syndrome, diabetes or heart disease. You have to read the entire book for a full understanding of why I can claim this. But iodine is that important and that is one of the reasons it still survives as a very popular supplement despite reasonably intense campaigns from pharmaceutical medicine against its use.

Absolute and Imperative Need for Iodine

On Saturday April 16th it was reported that levels of radioactive materials in the seawater rose again. **The level of radioactive iodine 131 jumped to 6,500 times the legal limit**, according to samples taken Friday, up from 1,100 times the limit in samples taken the day before. Levels of cesium 134 and cesium 137 rose **nearly fourfold.**

And how are doctors responding to the absolute and imperative need for iodine?

I have been trying to get a prescription for iodine from a medical doctor, but I can't find one that will do it. They tell me BS like you don't need it, it's dangerous to take supplemental iodine without a battery of thyroid tests, and a bunch of other BS ad nauseum. I used to be able to get it over the counter at a drugstore, but no longer. I need to find an MD with common sense that will actually help me.

David Ostrander

Radioactive Currents and Winds

There are all kinds of nuclear materials coming out of that Japanese plant but only a few of them are being measured. We hear about radioactive iodine and caesium but nothing about tritium, uranium and plutonium particles, which are especially dangerous because they are alpha emitters. It's kind of like the official weather services reporting on hail but never on rain, snow or sleet.

In fact things are so bad in Japan you have to hunt for news about it. The main news outlets are covering it up, I imagine, so as to not cause a panic. You know something is seriously wrong when they stop reporting on an ongoing event of such seriousness and instead fill up the airways with trivia. It does seem today that finding the best credit card is more important than news of nuclear Armageddon happening on our beautiful planet.

What is radiation but a wind that blows our lives to a hastier end? Radiation is the death principle and as levels increase our lives are

shortened. One can now shorten one's life to a day simply by stepping inside one of those doors in the reactor buildings in Japan. Two hundred miles away radiation levels in Tokyo have gone up by a factor of 2.5. That means people who live there will now get, in ten years, what they would have gotten in 25 and that is only if the contamination does not get worse. *The radiation detector above marks 0.6 micro-sieverts, exceeding normal levels near the Shibuya train station in Tokyo.*

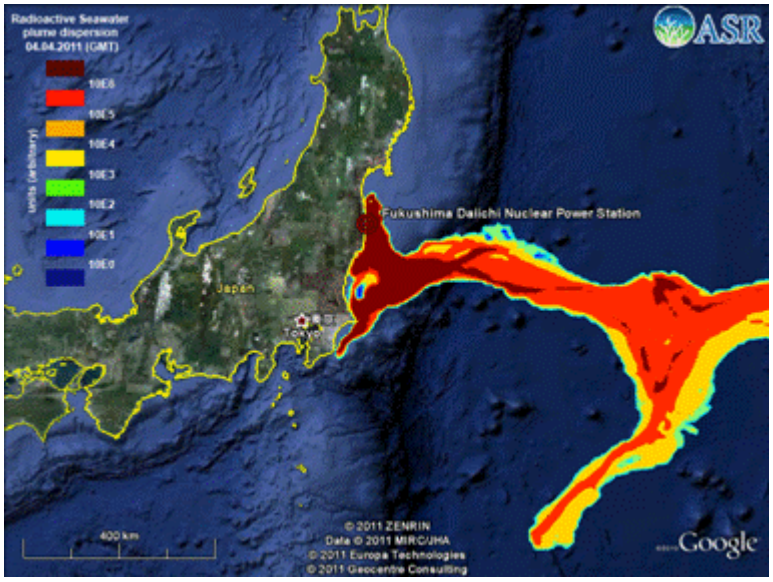
The sun is healthy and necessary for us. Some forms of radiation make us blossom. Too much, though, in too short of time will burn us and drive us into the ground if we are out in the desert, especially without water. It does not take much scientific intelligence to point out that getting a whole year's sunshine in an hour will fry a person to a crisp. Radiation "dose rate" is important as is "dose density."

Radiation causes death not only through
cancer but also through heart disease, diabetes
and other chronic conditions.

How high are radiation levels at the nuclear plant? According to data obtained by remote-controlled robots that explored inside the No. 1 through No. 4 reactors on April 18, radiation readings inside these buildings were between 4 and 57 millisieverts per hour. "To be honest, I was startled to see the figures. The results make it really hard for me to ask repair workers to go inside and do their jobs," said Haruki Madarame, chairman of the Nuclear Safety Commission of Japan, during a press conference the same day.

The plant operator of Tokyo Electric Power Co. (TEPCO) said Thursday the 21st of April that some 520 tons of runoff that reached the sea from April 1 to April 6 through a crack in a storage pit had

reached about 4,700 terabecquerels—20,000 times above the plant's legal annual limit. That means that **in six days the planet vomited out into the sea what it normally should take 20,000 years to do**. Of course they say no problem, nuclear power is beautiful and safe but let's see what Greenpeace says about it once their Rainbow Warrior flagship takes up station to test seawater and marine life near the badly leaking tsunami-hit Fukushima nuclear plant.



Not only do we need an image of nuclear winds but also of nuclear currents in the sea and what that will bring to humanity over the next months, years and decades. Already it is bringing radiation to mother's breast milk in Japan, but the babies and their mothers can rest in peace because the government is not alarmed.

The masses that are not alarmed will go right ahead and consume slightly contaminated water, eat slightly contaminated food and breathe slightly contaminated air and in the case of babies in Japan begin to drink slightly contaminated breast milk. The problem, besides the obvious, is that in six months the characterization of

“slightly” will fall to mid levels and then in some areas high levels of radiation and contamination.

Why is all this happening and why do we need to worry so much about it? **Nuclear fuel has melted in three reactors** at Japan’s Fukushima Daiichi nuclear power plant and has fallen to the lower sections of their container vessels, raising the specter of overheated material, compromising a container and causing a massive radiation release, the Atomic Energy Society of Japan said in a report released on the 15th of April. The real red flag of course is that the media continues to ignore what is happening because it is being directed to do so by the people who own the media—lock, stock and barrel.

The International Commission on Radiation Protection [ICRP] exists in practice largely to downplay the effects of radiation on human health and to shield the nuclear industry from compensation claims from the public.

Of the three damaged reactors at Fukushima, only reactor No. 3 has plutonium in its fresh fuel but all the reactors contain plutonium. All of the spent fuel rods kept in the storage pools at each reactor contain plutonium. In the Fukushima reactors, plutonium-239 is a byproduct of nuclear fission and occurs when uranium-238 in the fuel absorbs neutrons. Fukushima has enough plutonium to kill every man, woman and child on our planet if it gets out. There is enough there that if only a small part gets out it can still kill everyone. It is getting out but no one is talking about how much.

"A sample of plutonium-239 giving off one curie of radiation per hour will **give off about 99.999...% as much radiation tomorrow, or next year**. But a sample of iodine-131 giving off the same amount of radiation today, will give off half as much radiation in just eight days, and half as much as that—a quarter curie per hour —eight days after that. In a few months it will be gone completely," writes Ace Hoffman, who tries to educate on his site about the various radiation terminology.

On April 6, Reuters reported, "The core at Japan's Fukushima nuclear reactor has melted through the reactor pressure vessel," Rep. Edward Markey told a House hearing on the disaster. "I have been informed by the Nuclear Regulatory Commission (NRC) that the core has gotten so hot that part of it has probably melted through the reactor pressure vessel." America's NRC said that some of the core of a stricken Japanese reactor had probably leaked from its steel pressure vessel into the bottom of the containment structure, implying that the damage was even worse than previously thought.

Richard Lahey, who was head of safety research for boiling-water reactors at General Electric when the company installed the units at

Fukushima, told the Guardian that at least part of the molten core, which includes melted fuel rods and zirconium alloy cladding, seemed to have sunk through the steel "lower head" of the pressure vessel around reactor no. 2. "The indications we have, from the reactor to radiation readings and the materials they are seeing, suggest that the core has melted through the bottom of the pressure vessel in unit two, and at least some of it is down on the floor of the drywell," Lahey said.

On April 5, *Times* writers James Glanz and William Broad headlined, "U.S. Sees Array of New Threats at Japan's Nuclear Plant," saying: American engineers warned "that the troubled nuclear plant… is facing a wide array of fresh threats that could persist indefinitely, and that in some cases are **expected to increase as a result of the very measures being taken to keep the plant stable**," according to a confidential NRC assessment.

According to former GE reactor designer Margaret Harding, "Exposed/unprotected spent fuel rods in Units 1, 2, 3 and 4 pose extreme dangers. Moreover, explosions blew nuclear material 'up to one mile from the units' into the atmosphere, indicating much greater damage than previously disclosed. As a result, David Lochbaum from the Union of Concerned Scientists (UCS) believes, "This paints a very different picture, and suggests that things are a lot worse. They could still have more damage in a big way if some of these things don't work out for them… They've got a lot of nasty things to (handle), and **one missed step could make the situation much, much worse**."

On March 29, Dr. Chris Busby said, "In fact, Fukushima already way exceeds Chernobyl and Three Mile Island and **will get**

increasingly worse ahead as radiation releases continue and spread. I believe that (the array of) phony experts are criminally irresponsible, since their advice will lead to millions of deaths… I hope they are sent to jail where they can have plenty of time to read the scientific proofs (showing) their advice was based on the mathematical analysis of thin air."

Dr. Busby cited John Gofman, a senior U.S. Atomic Energy Commission expert who resigned, saying: "**The nuclear industry is waging a war against humanity**." Busby calls it "**the greatest public health scandal in human history**," which can be witnessed in the present as the government and press continue to mislead the public.

As radioactive iodine and caesium-137 continue to spread across the northern hemisphere in higher and higher amounts, and are now reported in France, not a word is mentioned about the population's **iodine deficiencies and how that will guarantee that almost everyone's thyroids will be ever so thirsty sponges for radioactive iodine**.Criminal, mass murder and crimes against humanity are all words that come to mind thinking of this. Medical officials are entirely too closed to realize that the public's mineral deficiencies are a major factor in calculating vulnerabilities to exposures to radiation.

But Everything Is Fine

The Japanese government is working closely with the Tokyo Electric Power Company (TEPCO) and the nation's mainstream media outlets to maintain the facade that everything is just fine, and that the nuclear meltdown situation is largely mitigated and under

control, and that is ridiculous considering that we have meltdowns in various reactors. Since when is everything just fine and under control in the face of nuclear fires, explosions and meltdowns?

Certainly neither the media nor governments are making their calculations on the extreme vulnerability of newborns, young children or those still gestating in the womb but they are not voters so why worry about our children getting cancer in a few years or in a few decades? Yes there are people whose assumptions terrorize our children's futures. They are secret psychopaths, the ones that modern psychology is reluctant to come to grips with because they are the elite. It is sad that we have so much human evil running around at the top of the human heap—drunk on riches and power. We can only weep.

Babies born of mothers who had a series of X-rays of the pelvic region during pregnancy were nearly twice as likely to develop leukemia ***or another form of cancer*** *as those born of mothers who had not been X-rayed.*

Dr. Ernest J. Sternglass, former professor of radiation physics at the University Of Pittsburgh School Of Medicine, in his book *Secret Fallout – Low-Level Radiation from Hiroshima to Three-Mile Island*, indicated that the risk increased with each additional exposure. This clearly implied that there was no significant healing of the damage and that **the cancer-causing effects of radiation were cumulative**.

The high priests of this kind of world tell us not to worry as they raise the limits of what is considered "safe" as they did in Japan—the water is now "safe" to drink in Tokyo because they moved the

goalposts and raised the limits of what is “safe.” The EPA reportedly also raised the “safe” limits.

Meanwhile doctors continue to expose their patients to higher and higher levels of radiation but this is going to finally have to stop. Soaring numbers of kids are getting CT scans in emergency rooms. The number of ER visits nationwide in which children were given CT scans surged from about 330,000 in 1995 to 1.65 million in 2008—a five-fold increase.

The number of kids’ ER visits didn’t increase measurably during the study, but the percentage of visits involving CT scans climbed from about one percent to almost six percent. Increases in CT scan use have also been found in adults and the cancer industry is desperately fighting to make sure women still get their mammograms even though they too expose women to dangerous radiation, the last thing they need in an increasingly radioactive world.

What medical officials, then doctors, will have to discover after they have been hit over the head several times with nuclear two-by-fours is that **every toxic exposure will increase a person’s vulnerability to succumb to radiation sickness**. Toxic accumulation, whether from heavy metals, chemicals, pesticides, food additives and preservatives, etc. will each take their toll, **weakening our resistance or ability to clear radioactive particles from our bodies**.

Safe Radiation Winds Don’t Exist

The U.S. Department of Energy has testified that there is no level of radiation that is so low that it is without health risks. That is official

U.S. policy. The National Academy of Sciences (NAS) published a report in 2006 titled *Biological Effects of Ionizing Radiation* (BEIR) report saying, "The committee concludes that the preponderance of information indicates that **there will be some risk, even at low doses**." The concluding statement of the report reads, "The committee concludes that the current scientific evidence is consistent with the hypothesis that there is a linear, **no-threshold dose-response relationship between exposure to ionizing radiation and the development of cancer in humans**." **This means that the sum of several very small exposures to radiation has the same effect as one large exposure**, since the effects of radiation are cumulative. And this means millions and eventually billions of people are going to be affected by this multiple reactor disaster in Japan.

The U.S. Department of Energy has the most up-to-date and comprehensive readings on radiation in northern Japan. They say that the NNSA hazard map shows that if someone were to stay at any location between the power station and a point nearly 50 kilometers northwest of the plant for a year, they would be exposed to at least 20 millisieverts of radiation on the assumption that the amount of radiation would not decrease even inside buildings. The Japanese government designates areas where the annual exposure dose of radiation reaches 20 millisieverts as a "planned evacuation zone" where residents are urged by authorities to flee their homes.

The U.S. Department of Energy released the estimation as part of a hazard map on cumulative radiation in areas near the Fukushima plant created by an affiliate, the National Nuclear Security Administration (NNSA). NNSA compiled the hazard map based on data collected during 334 hours of flights, 150,000 pieces of ground-

based data gained by Japan and the U.S. and data on 504 air samples.

Send the Pregnant Women and Children Out First

Sternglass concluded that all the research led to the tragic conclusion that **the unborn fetus was hundreds or thousands of times more sensitive to radiation than anyone had ever suspected.** According to the now antiquated "threshold" theory, there was a certain low level of radiation exposure, a "threshold" below which no damage would be caused. If this threshold was about the same as the yearly dose from background radiation or from exposure to typical diagnostic X-rays, as various supporters of nuclear programs maintained it was, then doctors were not doing us harm. But Dr. Alice Stewart's study implied that **if there were any safe threshold for unborn children and infants, it would have to be less than the dose from a single X-ray picture**.

It is always important to remember, when calculating the health threat, to consider pregnant mothers and their babies. Because children are developing, their bodies experience more cell division and therefore are more vulnerable to disruptions in the normal cell growth process, making them more sensitive to the effects of radiation as compared to adults. Fetuses, in even more critical stages of development, are highly sensitive as well, with results dependent on the organ systems that are developing at the time of exposure.

The consequences through direct gamma radiation, ingestion, inhalation, or absorption through the skin can be severe even if the mother does not suffer from radiation sickness. During the first two

weeks of pregnancy, exposure to radiation can lead to death of the fetus.

Blowing on the Wind

Radioactive particles released as gases into the atmosphere over Japan are being blown by winds and other weather patterns to far-off locations. This is the “radioactive plume” that is responsible for the radioactive iodine-131 detected in scientific stations in air or rainwater samples as far away as California, Colorado, Washington State, Massachusetts, Florida, Illinois, and North and South Carolina.

Radioactive iodine that been found in milk in San Luis Obispo, California and in Washington State are increasing the fear of widespread radiation contamination. For people living in America the official party line is that the radiation so far poses no health risk or threat to water and food supplies so there is no need to take any action right now. It is not fair or honest of reporters, radio, TV and newspapers to be so cavalier with the pronouncements of safety and “no” health risks when it is well known that rising radiation levels will bring rising cancer levels as well as increasing fertility problems and birth defects. Everyone knows that! What is happening in Japan will be remembered forever if there is anyone living that long to remember anything about it.

Medical Leadership Fails

With each passing day, the medical leadership in the United States and around the world is looking more monstrous. Our medical

leaders are failing us spectacularly when it comes to both chemical toxicity and the lethal dangers of radioactivity—they could hardly do a worse job.

As we head into the depths of the most challenging medical and environmental disaster of modern times we need real information and in-depth presentations of medicine at its finest. The superficial information and communications that are flying around the mainstream are designed for people that have lost the ability to think for themselves—populations that need to be spoon-fed information that they quickly regurgitate back to others with the stupidest blindest trust one can imagine.

It really is a tragedy forming and **medical officials are even betraying themselves and their families by closing the door to helpful information**. Governmental leaders and the armies of bureaucrats believe their own nonsense especially in the area of health and medicine. To be a free-thinking person outside the matrix you really do have to step outside the box of modern civilization and that has only gotten more difficult to do over the past decades. **Eating organic or anything uncontaminated is going to be very tricky starting now in the northern hemisphere.**

With each and every passing month, that sickening truth will sink in deeper and a great depression will set in (financial crisis and economic collapse) and by then it will be too late to panic. The matrix is coming apart and there is nothing that can or will stop that. It was coming apart anyway but now we are really in for it with nuclear hell officially born on earth.

We're all connected to the grid, to the matrix both literally and metaphorically. And we are all connected to the environment, that

same one that is getting more polluted in a super-accelerated way because of the nuclear nightmare in Japan. It's our worst nightmare and of course they don't want the public to really see and realize that. You tell me who on earth wants to see and feel the full measure of the nuclear doom that is upon us and our children and theirs to come? Fission open to the environment on earth is catastrophic and it is the drum of doom to our genetic code.

Beyond That Door

Beyond that door is death. It's death's door and it has brought us a new hell on earth. What's behind this door and several others like it is so hot, in terms of death, that its effects can be seen 10,000 miles away. Though thanks to the media we almost forgot about this and other similar doors and the nuclear meltdowns that are occurring right here right now on planet earth.

Today you have to be a hound dog to sniff up any credible news about what is actually going on at that destroyed nuclear plant. It's very scary how the media has clamped down on most of the news so it seems like multiple nuclear meltdowns are not a big deal.

On April 21 radiation levels stood at up to 110 microsieverts per hour in the air in the town of Okuma in Tokyo, some 3 kilometers southwest of that door you see above.

If a person is exposed to this quantity of radiation for about nine hours, the cumulative dose is estimated to reach one millisieverts,

the annual safety limit set by the government. Do the math. In just 30 days a person living there would have a lethal dose!

On Sunday, April 24, 2011 Tokyo Electric Power Company (TEPCO) disclosed a map of radiation levels at the damaged Fukushima Daiichi nuclear plant. Radiation levels around the No. 3 reactor building, which was damaged by a powerful hydrogen explosion, are higher than in other locations, and 300 millisieverts per hour of radiation was detected in debris on a nearby mountainside. Stand near that and 30 hours later kiss life goodbye.

Work started on April 6th to remove contaminated rubble that had been obstructing the restoration process. TEPCO says much of the debris around the former office building has been removed, and it has started clearing the rubble around the No. 3 and No. 4 reactors. Enough debris has been removed to fill 50 containers, and it is being kept in a field on the mountainside.

The radiation levels one meter away are 1 to 2 millisieverts per hour. Gee that would be a walk in the park meaning we could hang around endlessly until 20 days go by and then we too are radioactive toast.

Okay so let's translate that into a bit of practical reality for people 10,000 miles away on the east coast of the United States. We're getting pretty far away from that damn door and yet its nuclear wretchedness is reaching around the world just like Chernobyl did.

Radiation a Personal Account

> I am a retired biologist who used to work in radiation biology. Just wanted to share with you what we've been doing lately. We live in the mid-Atlantic area of the U.S. We have a Geiger counter and have been testing daily for radiation (am and pm) since the Fukushima incident. Since March 11, our numbers normally are 25-30 cpm inside and 31-35 cpm outside (Geiger counter sits at an open window). This is within background radiation numbers. When it rains, the numbers rise to about 35 cpm for inside and 40 cpm for outside. Our grass reads around 50 cpm. I noticed today after I did some weeding (sunny day) and washing my hands that they read around 50 cpm. I had to wash them 3-4 times before the reading went down.
>
> Also noticed a couple of dandelions looking abnormal (their stems were twice as thick as others and heads were joined). Never saw that before.
>
> We had ordered kelp granules from the company Maine Coast three weeks ago. We typically use kelp in our foods, and this was a bigger order than usual because of the nuclear incident. Just got the shipment today! We tested the bags of kelp for radiation and they tested 182 cpm! We called the company but they had their answering machine on, stating that they

won't be open until April 25th because they're doing inventory. We plan to return the kelp! Noticed the expiration date is April 16, 2013, which makes us wonder if they filled the order after the Fukushima incident (maybe April 16, 2011?).

Patty

The utility company said on Tues the 26th of April that the water level in the tunnel of the No. 3 reactor rose by 10 centimeters over 3 days. TEPCO the levels of **cesium-134 and 137 increased about 250-fold and iodine-131 increased about 12 times** compared with one month ago. The water level in the No. 4 reactor's turbine building rose by 20 centimeters in 10 days.

Life with Geiger counters will become much more common in our futures as well as nuclear weather reports. They might as well have ripped a hole into another universe with so much hell to be released each month for as long as we can see into the future. Best-case

scenario at this point would be several years of relentless radiation buildup around the world but most particularly in the northern hemisphere where it will be increasingly difficult to get uncontaminated food. Let's not even think of worst-case scenarios for not many of us will be around for long if such were to occur.

Authorities will keep everything under their hat for as long as humanly possible to avoid panic and migrations. With financial collapse on the horizon, private citizens will not be able to afford any movement anyway and will have to dig in and weather the radiation. With the help of the media, the entire populations of the north are caught like deer in the headlights and are totally unaware of and unprepared for this increasing nuclear radiation. In case no one has informed you, radioactivity makes it harder for our bodies to live.

Today's Nuclear News

The No. 4 spent-fuel pool stores 1,535 fuel rods, the most at the nuclear complex. TEPCO says it will inject 210 tons of water into the pool on Monday, after finding on Sunday evening that the temperature in the pool had risen to 81 degrees Celsius. The utility firm had earlier limited the amount of water being injected into the pool to 70 tons a day, saying the weight of the water could weaken the reactor building, which was already damaged in last month's hydrogen explosion.

On Friday, TEPCO found that the pool's temperature had reached 91 degrees, so it began injecting 2-3 times the amount of water. TEPCO says the pool's water temperature dropped to 66 degrees on Saturday after water was injected, but started to rise again, to 81 degrees. The

operator says the water level in the pool was 2.5 meters lower than normal after 165 tons of water was injected on Sunday.

Conclusion

But there is absolutely nothing to worry about! Doctors are not worried that iodine deficiency will make you much more vulnerable to death rays in the form of radioactive iodine, which your thyroid will mop up like a sponge. But what do doctors or our friendly governments care?

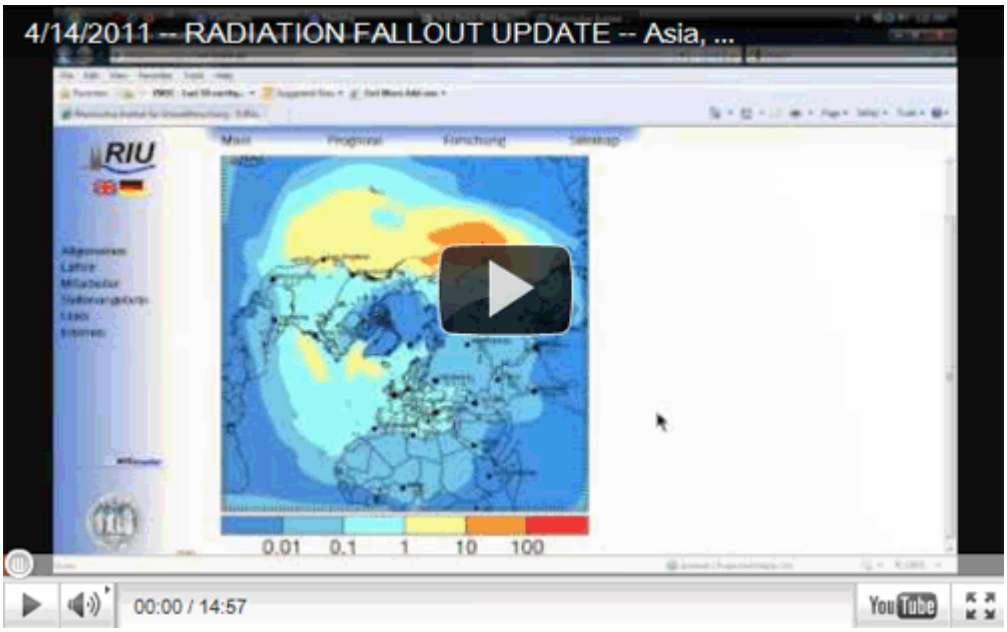
Photograph: Robert Brook/Alamy/Alamy

Radiation Hell at the disused plutonium reactors at Sellafield, England is a "slow motion Chernobyl" according to Greenpeace campaigners against nuclear energy.

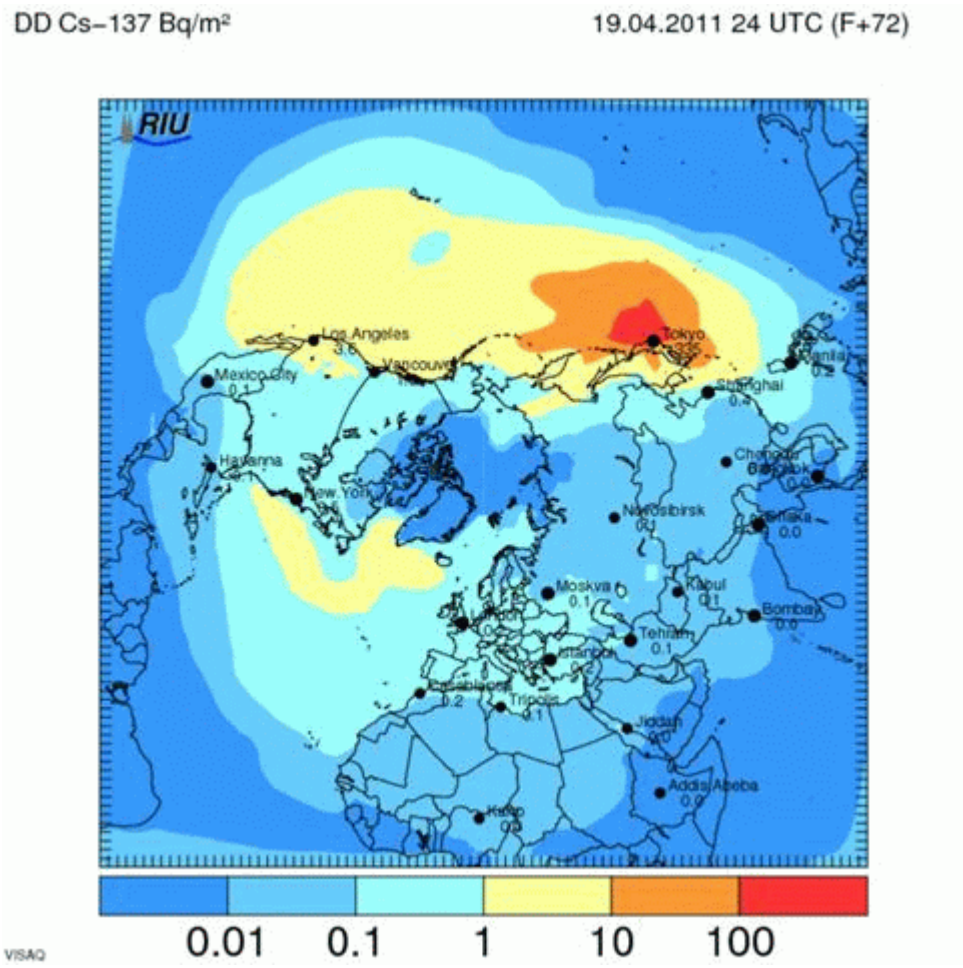
The BBC says, "There are about 440 operational reactors in 32 countries, generating 16 percent of the world's electricity. Only 27 new reactors are under construction, mainly in Eastern Europe and Asia. Not one of the remaining 22 countries with nuclear power is

currently building any new reactors, including the USA, Canada and all of Western Europe. The western world has put its nuclear power program on hold. This is arguably due at least in part to the Chernobyl accident and the ensuing perception that no matter how small the risk, it is just not worth it."

Iodine and Radiation Insanity



The news is so I don't know what to do or write. I could try screaming but I am not the type… or crying, well that comes almost too easily. Perhaps I am crazy. After all, Ann Coulter got on TV and actually said, "The only good news is that anyone exposed to excess radiation from the nuclear power plants is now probably much less likely to get cancer." And Dr. Josef Oehmen, *a research scientist at MIT, said,* "I repeat, there was and will *not* be any significant release of radioactivity from the damaged Japanese reactors."

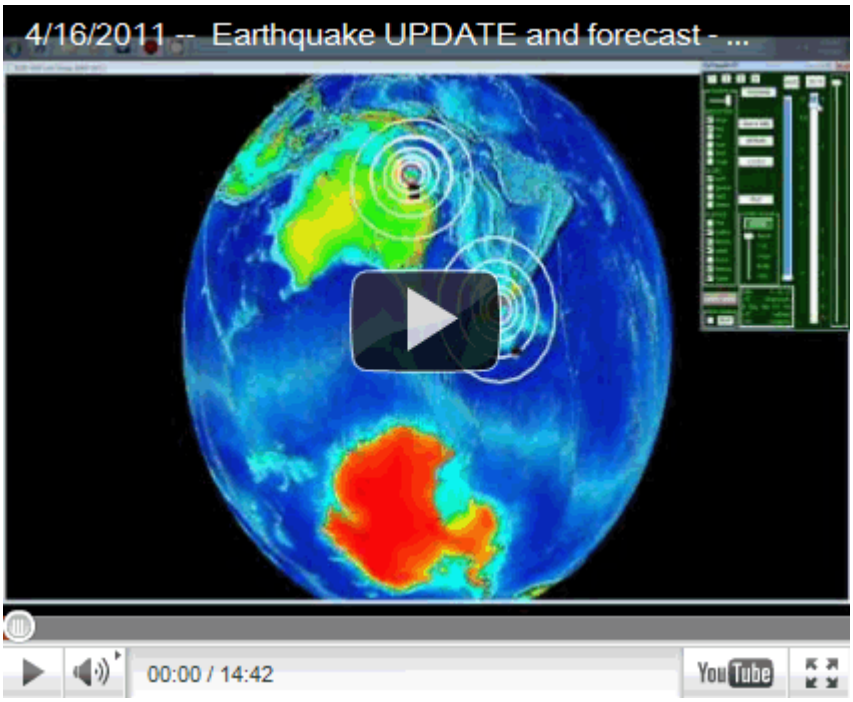


Source

There are plenty who are saying radiation is good for you and probably are planning on going to the northeast of Japan instead of the Dead Sea to bathe in the healing waters. Well perhaps not but remember there have been a lot of important people running around for decades saying that nuclear energy is safe and use it all the time to treat and diagnose disease. Even radioactive iodine is pumped into people by doctors it's very strange. Must be good for us but it definitely is not.

For all those who think everything is going to be okay remember its four or five nuclear reactors out of control and several nuclear pools with older spent nuclear rods melting. Recently Dr. Michio Kaku said

all it would take is one thing like a pipe breaking or another earthquake to make this situation even more catastrophic than it already is? Look at this video about seismic activity in the world.



Twisted Medical Establishment Lost on Radiation Issues

How are the good doctors of the world going to deal with medical insanity and pharmaceutical terrorism now? One of the reasons the medical establishment is incapable of responding to the nuclear threat and the spreading contamination from Japan (that is circling around the globe) is that it is **an institution that loves to use radioactive iodine, a substance that causes cancer, to treat cancer**. Sounds kind of crazy and it is. Many patients are getting a thyroid cancer treatment that kills thyroid tissue, causing harm to other tissues while at the same time actually increasing the potential for thyroid cancer.

According to a new study published in *Cancer*, researchers are fingering doctors who are treating patients with early-stage, low-risk thyroid cancer using radioactive iodine, which *does not* increase their chances of surviving but *does* instead put them at risk for a secondary cancer. “Our study shows that these low-risk patients do not need radioactive iodine,” Dr. Ian Ganly, one of the study’s authors from Memorial Sloan-Kettering Cancer Center in New York, told Reuters Health. “Therefore there is no need to expose these patients to any risk from (radioactive iodine) treatment,” he said in an email.

The American Thyroid Association endorses the use of radioactive iodine even though it also causes cancer of the salivary gland—where radioactive iodine may accumulate—as well as leukemia. Dr. Ganly said the risk of leukemia increases because radioactive iodine circulates in the blood, thus exposing bone marrow to its tissue-killing effects.

There are people and doctors who have said the little bit of mercury found in the flu and other vaccines is good for kids but, lo and behold, I read this morning that Poul Thorsen, the principal coordinator of multiple studies funded by the Centers for Disease Control and Prevention (CDC) who used to deny a vaccine/autism link, was indicted on April 13th on 13 counts of fraud and 9 counts of money-laundering. The charges relate to funding for work he conducted for the CDC that claimed to disprove associations between the mercury-based vaccine preservative, thimerosal, and increased rates of autism.

Now anyone with a cow’s worth of sense would have understood that a strong neurotoxin like mercury was a strong neurotoxin. Gee

people, don't you see how retarded ignorance rules in the CDC, FDA, AMA, WHO and dozens of other medical organizations? Stupid does not quite cover it does it? Now we know it's criminal, it's greed, and it's the politics of power and darkness on earth at its best.

Why should we be alarmed about nuclear fallout of radioactive iodine? Doctors use it so why should we be afraid of breathing it, eating it or taking it for breakfast in our milk and coffee? And why take nutritional iodine? It will only interfere with the uptake of the radioactive type! That's what oncologists seem to want and it seems that is why these are the last people on earth we should trust during a nuclear crisis.

To make light of radiation is insane. Radiation damages men's sperm and women's eggs, meaning their children can be born with congenital defects such as a serious heart condition or brain abnormality. "Some of these defects will be fatal, others will require surgery to correct them and all will severely affect the child's quality of life," said Nicholson. Women exposed to radiation also have a much higher chance of miscarriage.

Radiation also produces cancer of the lymph glands and thyroid cancers. "Children in Ukraine are still suffering the effects of Chernobyl 23 years on," said Nicholson, "but if a child is born with cancer in Poland near the border with Ukraine, you can't be sure that [it] wasn't related to Chernobyl." "None of those who survive exposure radiation have received a big enough dose to kill them. But many will suffer the effects of the radiation for the rest of their lives," added Nicholson. "And many who thought they had escaped unscathed or with minimal effects will be seeing the effects on their children now."

Note to Doctors

Deficiencies of iodine in the United States are not rare though most doctors think this.

Healthcare practitioners should be particularly mindful about the situation in Japan regarding their patients' interest and potential use of iodide. As clinicians we're being asked difficult questions about radioactive exposure by our patients in the wake of the earthquake, tsunami, and subsequent nuclear crisis. For some basic information about radiation watch this clear video by nuclear engineer Arnie Gunderston.

Most physicians are not trained in nuclear medicine and have no background in nuclear physics. Thus it is difficult to wade through the complex and conflicting information about the nuclear disaster and the health threats, which are constantly being denied, to present a balanced view to our patients.

Claims about the dangers of radiation range considerably. The mainstream telling us not to worry—that the levels of radiation are just too low to matter in any significant way. But that is the press, which is obedient to elite financial ownership and interest. It is in no way to be interpreted by us doctors as sound medical advice or solid scientific medical information that healthcare providers and rely on.

The World Health Organization has said that, "Iodine deficiency, through its effects on the developing brain, has condemned millions of people to a life of few prospects and continued underdevelopment. On a worldwide basis, iodine deficiency is the single most important preventable cause of brain damage. People living in areas affected by severe iodine deficiency may have an intelligence quotient (IQ) of up to 13.5 points below that of those from comparable communities, without such deficiencies."

Every doctor and all healthcare providers have no choice but to become familiar with all the main issues of iodine supplementation. In the aftermath of Japan's nuclear catastrophe with the winds constantly blowing radiation into the west coast of North America and the rest of the northern hemisphere, there has been a rush to buy iodine.

The Japanese government is handing out this supplement in huge quantities to the survivors north of Tokyo when they should be giving it out to everyone in Japan and shipping supplies to their neighboring nations who are being almost equally affected.

The essential action is to get iodine into our patients' bodies and it does not have to be "potassium iodide." It can also be in the form of Nascent Iodine, which is my 2% formulation based on and old Edgar Casey type that breaks molecular iodine into its I^1 atomic structure.

It is the iodine I personally use for myself and my children and is ideal for iodine-sensitive people with pre-existing thyroid conditions meaning it is one of the easiest iodines, though not the cheapest to use. There are other forms in both tablet and liquid forms and all forms, even the ones that can be used topically, are effective in reducing people's vulnerability to radioactive iodine. (Do NOT drink topical antiseptic iodine products such as Betadine—these products are not suitable for human consumption. They are povidone-iodine mixtures.)

In reality the government officials correctly discourage Americans from taking KI (potassium iodide) pills because it is not the best approach for the situation at hand. It is a onetime pulse dosage for radiation emergencies **but no answer at all to chronic long-term exposure**, which there was never supposed to be according to government and the nuclear power industry.

The federal government keeps KI in the Strategic National Stockpile. (States with nuclear plants have internal supplies.) If Americans suddenly need KI, the government is supposed to swing into action and furnish it straight away. This essentially is the model that thrived during 2005's Hurricane Katrina and 2009's swine-flu vaccine shortage and it really does not work. In emergencies how quickly could Uncle Sam hand people KI capsules amid confusion, casualties, collapsed bridges, aftershocks, incoming waves and widespread panic? Any delay is critical with exposures being instant when nuclear weapons are involved. Expose has also come quickly on the tails of the Japanese disaster even though every news organization and official in the world is saying exposures are too low to be much bothered about.

Some propose that if people stocked up on KI instead of waiting on inefficient governments in denial then in the event of an actual emergency, people could walk 10 or 20 feet to their medicine chests, pop their KI pill, and gird themselves against thyroid cancer. This position is also not helpful because one should start iodine supplementation and doctors should be recommending they do this immediately using a more benign form at lower dosages.

According to governmental planners KI works best only two hours before or up to four hours after exposure to radioactive iodine. The goal of the federal Centers for Disease Control and Prevention is to transport KI from an undisclosed location to central distribution points in affected states within 12 hours, which even if they managed the feat, would still be medically too late.

The KI form of iodine needs to be treated with caution. While normally inert, it can hurt those who are allergic to iodine or shellfish and those who suffer some skin ailments, renal disease and thyroid conditions. KI can induce nausea, rashes, swollen salivary glands and other allergic responses. Really it is not the best form of iodine at all and trusting the government to not deny or diminish the dangers, creating fatal delays would be foolish.

Dr. David Brownstein has been saying for weeks that:

> Radioactive iodine has been found in water and milk samples throughout the U.S. In fact, many water supplies from Los Angeles to Detroit have tested positive for radioactive iodine. But, keep in mind, the authorities are not testing (or not reporting) for contamination with radioactive cesium, plutonium or uranium all of which have a longer half-life than iodine.

I have stated before that the amount of radioactive iodine that we are currently being exposed to is not lethal, but it is not innocuous. The danger is greater for those who are iodine deficient. Compared to iodine sufficient people, those who are deficient (i.e., the majority of Americans) are more likely to absorb and bind radioactive iodine.

Wherever radioactive iodine binds in the body, it destroys and damages cells. Where does this occur? Every cell in the body needs and utilizes iodine. However, iodine is concentrated in the glandular tissue—the breasts, thyroid, ovaries, and uterus are examples of tissue that concentrate iodine.

I believe the reason we are seeing such an epidemic of disease of the breasts, thyroid, ovaries and uterus is due, in part, to iodine deficiency. However the disaster in Japan is more than just radioactive iodine leakage. Radioactive plutonium, cesium and uranium are also being released into the atmosphere. These items have a much longer half-life than iodine and are much more dangerous. What can you do to protect yourself from these items?

To protect yourself from radioactive toxins as well as other toxicities, it is important to ensure adequate hydration. I cannot emphasize enough the importance of drinking enough water. How much water? Take your weight in pounds, divide by two and the resulting number is the amount of water to ingest per day in ounces. My experience is that most new patients, especially those with chronic illness, are dehydrated.

I always inform these patients they will not achieve their optimal health without maintaining adequate hydration.

There is one nutrient that can help combat nearly any toxicity. That nutrient is vitamin C. Ensuring adequate vitamin C intake is important. Vitamin C is an essential nutrient in the diet as the body cannot manufacture vitamin C; therefore, we have to ingest enough in our diet. What are the best dietary sources of vitamin C? Fruits and vegetables are the best food sources of vitamin C. However, most people do not eat enough fruits and vegetables to maintain optimal vitamin C levels. Furthermore, our toxic environment has increased our need for vitamin C as it aids all the detoxification pathways. I suggest taking 3-5,000mg/day of vitamin C. Buffered vitamin C seems to be the most tolerated form for this large dose. If you get diarrhea with these doses of vitamin C, you can lower the dose.

Other nutrients which help prevent damage from radioactivity include vitamin E—as mixed tocopherols at 200 UI/day), alpha lipoic acid (300 mg twice per day), and unrefined sea salt (1/2-1 tsp/day). Also, eating a healthy diet, free of refined foods, is a big help. Note: All of these supplements mentioned above can be found at my office; www.centerforholisticmedicine.com.

About half of U.S. adults take vitamins and other dietary supplements. Federal officials released figures in April of 2011 showing that the use of dietary supplements has grown since the early 1990s when it was about 42 percent. It is crucial now that everyone understands the priority of need we have now so we take

the supplements that will help us best fight the nuclear onslaught against our cellular environments. Iodine is at the top of the list and right behind it is our increased and imperative need for magnesium, sodium bicarbonate, selenium, vitamin C and even sulfur.

The government supports some supplements as an option for certain people—such as iron for women who are pregnant, folic acid for women thinking of getting pregnant and calcium for older women and little else actually. Most of the mainstream of medicine actually frowns down on most supplements thinking it is a waste of money.

Health officials say people should talk to their doctors first, and consider enriched foods that can accomplish the same goal and again that means nothing—that they know next to nothing for that is the reality of most physicians—they know next to nothing about nutrition having never been trained in it.

I urged everyone to accept the reality of the radioactive threat of iodine and to mentally choose not to allow yourself to be easily victimized by the medical establishment, which wants you to do nothing. Undoubtedly you're reading this book because you've sworn off the denial, distraction and passivity that characterize most people and decided to do whatever you reasonably can to protect yourself and your family despite what everyone else is doing.

Doctors need to wake up and see the importance of iodine—both the nastiness of the radioactive form and the life giving and protecting affects of the nutritional one.

Iodine Deficiency and the Nuclear Age

The World Health Organization (WHO) clearly sees iodine as a devastating deficiency. The WHO says, “Iodine deficiency is the world’s most prevalent, yet easily preventable, cause of brain damage. They say, “Iodine deficiency disorders (IDD), which can start before birth, jeopardize children’s mental health and often their very survival. Serious iodine deficiency during pregnancy can result in stillbirth, spontaneous abortion, and congenital abnormalities such as cretinism, a grave, irreversible form of mental retardation that affects people living in iodine-deficient areas of Africa and Asia. However, of far greater significance are IDD’s less visible, yet pervasive, mental impairment that reduce intellectual capacity at home, in school and at work.

New research, presented at the Society for Endocrinology annual conference, provide the only current data on the UK’s iodine status; demonstrating iodine-deficiency **in a large sample of the population**. Iodized salt has helped to reduce iodine deficiency globally, but is not currently used in the UK. The average urinary

iodine level from the population was 80 micrograms per liter, making the group 'deficient' by World Health Organization (WHO) standards.

"**Our data suggest the UK is now iodine deficient**, warranting a full investigation of the UK iodine status. We need to look into this now to decide whether public health bodies need to step in," said Dr Mark Vanderpump, a consultant physician at the Royal Free Hampstead NHS, who led the research.

Why are high levels of iodine so important? Low levels of iodine mean your thyroid isn't functioning properly. The thyroid helps balance hormones, regulate heartbeats, stabilize cholesterol, maintain weight control, encourage muscle growth, keep menstrual cycles regular, provide energy, and even helps you keep a positive mental attitude.

Women are naturally prone to iodine deficiencies. That's because the thyroid gland in women is twice as large as in men -- so under normal circumstances, women need more iodine. However, when women are under stress, the need for iodine can double or triple. Yet the foods we eat contain less and less dietary iodine. For example, back in 1940, the typical American diet contained about 800 micrograms of iodine. By 1995, that amount plunged to just 135 micrograms. That's an 83% decline.

Thus iodine deficiency is no joke but that is exactly what medical officials are making of it by pretending it does not exist, which is exactly what they are doing by not recommending people do anything to increase their iodine intake in the face of this nuclear emergency that they are desperately and pathetically trying to make light of. Their entire iodine wisdom boils down to not doing

anything until the sirens ring out in the night telling people to take their emergency KI pill.

The American Thyroid Association says, “Before the 1920s, iodine deficiency was common in the Great Lakes, Appalachian, and Northwestern U.S. regions and in most of Canada. Treatment of iodine deficiency by the introduction of iodized salt has virtually eliminated the “goiter belt” in these areas. However, many other parts of the world do not have enough iodine available through their diet and iodine deficiency continues to be an important public health problem globally. Approximately 40% of the world’s population remains at risk for iodine deficiency.”

This of course is not accurate information. It is only true when looking at the levels of iodine necessary to prevent goiter but not enough to avoid cancer, diabetes or heart disease. And it certainly the populations’ iodine levels are not sufficient to protect the thyroid from radiation poisoning. As we shall see, in the North American continent approximately 95 percent of the population is already iodine deficient and the governments are leaving this population vulnerable to radiation damage. With friends like that who needs enemies!

Dr. Miller says, “Radioisotopes pose an important health risk to man in nuclear accidents associated with electric power generation due to their uptake by the thyroid glands. Topical application of tincture of iodine (I) was found to be effective in blocking the thyroid uptake of orally administered I-131 in humans. Abdominal skin application of tincture of I [iodine] resulted in an approximately 82 percent reduction in the uptake of I-131 by the thyroid gland. The effectiveness varied among individuals and may have depended on

the quantity applied and on the application site. In each study group, elevated levels of serum I were observed. This may be an attractive alternative method of mass protection from radioisotopes of I following nuclear accidents. Serum I concentrations peaked at approximately two hours after topical application of tincture of I."

Dr. David Brownstein says:

> 13 mg/day of iodine prevents approximately 96 percent of radioactive iodine from binding to the thyroid gland. That is the approximate dosage of iodine ingested daily by the Japanese**. This is over 100 times the average daily dose ingested by Americans**. Please keep in mind it is not just the thyroid gland that is at risk with exposure to radioactive iodine. The breasts, ovaries, uterus, prostate, skin, and other organs all bind and require iodine for optimal functioning. In fact, every cell in our body requires iodine for optimal functioning. Therefore, if we are iodine deficient, exposure to radioactive iodine can potentially result in damage to all the cells of the body. My experience has shown over 95 percent of patients are deficient in iodine. I believe iodine deficiency is one of the underlying causes of the epidemic of cancer of the breast, thyroid, ovaries, uterus and prostate. Furthermore, iodine deficiency is the underlying cause of thyroid disorders including Hashimoto's disease, Graves' disease, goiter, and hypothyroidism. Our iodine levels have fallen 50 percent over the last 30 years. During that time, all of the above conditions have been rising at near epidemic rates.

How to Self-Test for an Iodine Deficiency

1. Dip a cotton ball into USP Tincture of Iodine. (You can get iodine at the drugstore for a dollar or two at most.

2. Paint a 2-inch circle of iodine on your soft skin, like the inner part of your thigh or upper arm.

3. Wait. If the yellowish stain disappears in less than an hour, it means your body is severely lacking crucial iodine and has soaked it up. If the stain remains and is still there the next morning you iodine levels are probably fine. In-between shows various levels of iodine sufficiency.

Low iodine levels can zap your energy and make you feel tired, edgy and worn out. Low iodine levels can even prevent you from getting a good night's sleep.

Because the symptoms of an iodine deficiency are classically identical to so many other illnesses (like depression, stress, chronic fatigue, or fibromyalgia,) many doctors either misdiagnose it or miss it completely and tell you there is nothing wrong.

Nuclear expert Michael C. Ruppert says, "KI should be taken within 3-4 hours of exposure to unsafe levels of I-131, at the recommended dose of 130 mg for an adult or someone over 150 pounds—unless there is a known issue with iodine such as hypothyroidism (there are other conditions that don't react well with excess iodine). The tablets should be taken at the specified frequency as long as someone is being exposed to unsafe levels of I-131."

The point of the 130 mg of potassium iodide (KI) per day that the government recommends in case of an actual serious fallout

situation is to flood the body with safe iodine so that if radioactive iodine is breathed or swallowed it will just be flushed through with the excess safe iodine and not be taken up by the thyroid. This is only for protecting the thyroid from radioactive iodine, but it is a very successful prophylactic that has been extensively studied. However, there are many shades of gray between low-level radioactive iodine fallout and iodine deficiency creating slight increases in the statistical incidences of thyroid cancer.

It would therefore be better not to be iodine deficient if there are low levels of radioactive iodine showing up, and it also would make easier the transition to the 130 mg of potassium iodide (KI) that would be required in the unlikely event of full-scale fallout in this country. But, there is a lot more to the iodine story, especially for those in the United States, where iodine has been largely removed from the US diet in the last 50 years. Just 50 years ago iodine was not just in the salt it was in bread and milk, one slice of bread then had the current U.S. daily allowance. This is a long and convoluted story, but the links below will help fill it in if you are interested. The basic plot is that the U.S. is iodine deficient and fluoride and bromine toxic. Iodine flushes bromine and fluoride from the body, but this flushing or detoxing can be very intense or even serious if one has a lot of bromine, fluorine or metals, or is ill.

The average Japanese gets 12-14 mg iodine daily from seaweed and fish, with some getting substantially more (up to 200 mg). So the average Japanese would not be bothered by 130 mg of potassium iodide, but the US RDA is about two tenths of one mg and that is about what most Americans get along with plenty of bromine and fluoride. So if the average American took 130 mg of KI they would

likely feel pretty ill, which is why it is so strongly recommended to take the 130 mg of KI only in the event of serious fallout.

The Council for Responsible Nutrition (CRN) has advised its member companies—and posted a statement to its website—that potassium iodide used at the appropriate time and level of 130 mg daily may be effective in reducing the risk of thyroid cancer in individuals or populations at risk for inhalation or ingestion of radioiodines. That would be true only for short-term exposures.

Dr. Douglas MacKay, who is vice-president of the CRN says, "However, nutritional uses (i.e., dietary supplements) of potassium iodide are designed specifically to meet nutritional needs and would therefore contain much lower levels of potassium iodide; consequently these supplement products will not have the same effect as the drugs approved by the U.S. Food and Drug Administration (FDA) for this purpose."

This also would be true if this were a horse race we are talking about meaning if there was a nuclear emergency that developed from one hour to the next and people had to race out to either take low dosages of dietary iodine supplements vs. the KI pill. But real iodine protection is something one has because a person has been taking iodine supplements at high levels for months. Dr. Brownstein, as we shall see, recommends 12-50 milligrams a day for long before, during and after exposure to radioactive iodine and this makes sense under the present exposure conditions.

Problem is that exposure is now present and gathering concentration so there is no before time. Another problem is that the government advises doing nothing at all in terms of iodine supplementation and that is absolutely bad medicine.

Blowing Against the Atomic Wind

Because it packs enough energy to expulse electrons from atoms and molecules, ionizing radiation can directly damage cell structures such as DNA by breaking chemical bonds and inducing single- and double-strand breaks. When this damage is not efficiently fixed by the DNA-repair machinery, mutations arise; mutations in somatic cells [cells that form the body of an organism] can lead to cancer, and in germline cells [cells that are not immortal but have genetic material that may be passed to a child], genetic defects can be transmitted to offspring.

Radiation causes a cascade of problems for cells since they do have the ability to stand up to the heat of radiation through a number of mechanisms. Upon direct exposure to ionizing radiation, anemia, the loss of red blood cells, and leucopenia, the loss of white blood cells such as those important in fighting off infection, can result, increasing susceptibility to disease. Thus treatment, even for low levels of exposure, begins with

increasing or rebuilding immunological strength. It also starts with addressing the lack of numbers and the strength of red blood to carry necessary levels of oxygen to all the cells.

Someone directly exposed to radiation may display symptoms of acute radiation syndrome (ARS) such as vomiting, diarrhea, excessive bleeding brought on from the death of hematopoietic stem cells in bone marrow, and hair loss, but this usually results from medium to high levels of radiation such as those that come from radiological treatments for cancer. As Mike Adams the Health Ranger just pointed out:

> A dose of 10,000 mSv is fatal, yet the cancer industry uses *twice that dose* to "treat" cancer? I knew cancer radiation treatments were barbaric, but I never knew they were twice the amount considered absolutely fatal.

Now we finally know why so many people fare so badly with radiation treatments. Doctors are crazy enough to expose you to lethal dosages in the hope that they will save your life. Kind of twisted but it does make some people a lot of money so it must be good. Oncologists across the northern hemisphere should now be living in fear that their radiological treatments will be taken away from them because adding radiation to radiation in high dosages tends to kill people, not heal them. **All exposures now need to be minimized** for we are facing increases across the board with these open nuclear reactions taking place in Japan.

Though cancer is not the only outcome of radiation exposure, it is one of the main measuring rods used for assessing damage, as are fertility rates and birth deformities. There are many variables but few

would disagree that the higher one's radiation exposure goes the higher one's statistical chance of contracting cancer will become.

That Which Protects Against Cancer Protects Against Radiation

Whatever will resist this increasing wind that is blowing us toward cancer will reduce our chance of contracting cancer. Said another way—any effective protector against radiation damage will reduce cancer incidence. It is like the geometry we learned in high school about *things that are equal to the same thing are also equal to each other*. Things that treat and prevent cancer treat and prevent radiation damage because cancer and radiation damage (the death principle) can be seen as the same or similar things because they are so directly and mathematically related to each other. The significance of this is important medically for it opens up a door to what is going to help us survive the permanent increases of radiation that are now headed up a steeper slope.

The absence of iodine in the human body is a promoter of cancer. Iodine deficiencies lead to dramatic increases in a person succumbing to cancer. Dr. Jorge Fletcher in the video above makes it perfectly clear why everyone needs to be taking iodine and why the government's medical branches should be ignored. He tells us that iodine was the first perfect and unique medicine for the treatment of goiter, a treatment that was 100 percent effective but today some doctors have become so idiotic and so against iodine that they think it causes goiter and other thyroid conditions.

The absence of iodine in the body promotes cancer.

- Dr. Jorge Fletcher

Dr. Fletcher points out that when you don't have iodine in the thyroid you get goiter and when goiter occurs cancer follows. When there is not enough iodine in the breasts you get breast cancer but before a woman does she will get fibrocystic breast disease. Same goes for the ovaries, which just so happen to know how to make thyroid hormone too! As iodine consumption has gone down, breast cancer rates have gone up and up and up and they continue to do so as each year passes. **Iodine consumption by Americans has dropped 50 percent since the 1970s,**[1] a deliberately engineered drop instigated by governmental institutions.

So not only should iodine be supplemented to prevent thyroid cancer, even from low "safe" levels that the authorities believe will not harm us, **iodine should be taken for all forms of radiation and for all organs and systems because iodine is protective against cell deterioration as well as cancer itself**.

As iodine consumption has gone down, breast cancer rates have gone up. Decades of iodine research sustain the view that abnormal iodine metabolism, due either to bromide dominance (and fluoride) in the environment or a dietary deficiency of iodine, must be addressed as part of a preventive and or a therapeutic strategy in breast cancer.

A newly discovered oxidant defense system is found in the free radical scavenging capacity of thyroid hormones. Thyroxine, reverse-T3 and iodothyronines seem to be as important as antioxidants and inhibitors of lipid peroxidation[2],[3] and **are more effective than vitamin E, glutathione and ascorbic acid**.[4]

Special Note: Iodine is not the only substance that we should run to in the face of increasing radiation threats. Below is the beginning of a protocol that I will bring fully into focus in *Radiation Toxicity*

Syndrome. It is a medical protocol that should revolutionize how doctors treat radiation sickness. Soon to be available is a list of helpful substances that treat and strengthen us against radiation contamination—and of course these substances also prevent and treat cancer.

Magnesium

One would not normally think that magnesium deficiency can increase the risk of cancer yet we will find that just as severe dehydration or asphyxiation can cause death, **magnesium deficiency can lead directly to cancer**. It is known that carcinogenesis induces magnesium distribution disturbances, causing magnesium mobilization through blood cells and magnesium depletion in non-neoplastic tissues. **Magnesium deficiency is carcinogenic, and in the case of solid tumors, a high level of supplemented magnesium inhibits carcinogenesis.**[5]

Researchers from Japan's National Cancer Center in Tokyo have found that an increased intake of magnesium reduces a man's risk of colon cancer by over 50 percent. Several studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water. In Egypt the cancer rate was only about 10 percent of that in Europe and America. In the rural fellah it was practically non-existent. The main difference was an extremely high magnesium intake of 2.5-3 g in these cancer-free populations, **ten times more than in most western countries**.[6]

For all of these reasons and a hundred more, magnesium oil remains the number one item in all my protocols. When it comes to radiation

sodium bicarbonate gives it a run for its money as does iodine. All three will be lifesavers in the rapidly increasing radioactive age we have all just entered.

Selenium

Data suggests that the same also holds true for selenium; a diet rich in selenium protects against cancer of the stomach, breast, esophagus, lung, prostate, colon, and rectum. According to Dr. Harold Foster, death rates in the U.S. for cancer are lower when blood selenium levels are high. Those who have studied geographical differences have seen that in low-selenium regions, higher death rates occurred from malignant lymphomas and cancers of the tongue, esophagus, stomach, colon, rectum, liver, pancreas, larynx, lung, kidneys, and bladder. In addition, **cancer patients with low selenium levels tend to have a wider spread of the disease, more recurrences, and they die sooner.**[7]

In China, where the selenium levels in the soils varies much more dramatically than in the United States and the population is less mobile, an ecological study in 1985 showed dramatic results in linking cancer with selenium deficiencies. Dr. Shu-Yu Yu measured the selenium content of blood stored in blood banks in 30 different regions in China and classified the regions as high selenium, medium selenium, and low selenium. They then compared death rates from cancer to the selenium rates and found there was an exact correlation. **In the low selenium classification, three times as many people died from cancer as in the high selenium classification.**

According to the National Foundation for Cancer Research the value of minerals as part of an anticancer diet is overlooked. Nowhere is anyone speaking out clearly that minerals provide a good wall of protection from both chronic low levels of radiation as well as from higher dosages that lead quickly to radiation sickness.

Glutathione

Maintaining high levels of glutathione[8] is of paramount importance before, during, and after extreme radiation exposure for both short-term and long-term protection from radiation! Glutathione protects your body by immediately going to work neutralizing free radicals created during unhealthy radiation exposure. In fact, glutathione is the ONLY antioxidant that can neutralize the hydroxyl radical created in human body from too much radiation exposure! The hydroxyl radical is the most dangerous free radical of all.

Sodium Bicarbonate

So useful and strong is sodium bicarbonate that at Los Alamos National Laboratory in New Mexico, researcher Don York has used baking soda to clean soil contaminated with uranium. **Sodium bicarbonate binds with uranium, separating it from the dirt; so far, York has removed as much as 92 percent of the uranium from contaminated soil samples.** I have written a book about how sodium bicarbonate can be used to treat cancer and other serious diseases. Sodium bicarbonate is one of the most useful and least expensive solutions to radiation exposure. Sodium bicarbonate and magnesium baths are idea for increasing ones resistance to radiation exposure.

“Some of my patients also get benefit from taking an alkalinizing drink every night to reduce their chemical sensitivity symptoms,” writes Dr Eric Chan. “All of my Vancouver and Richmond patients have tolerated this therapy markedly well. **Uniformly, in ill patients, increasing the alkaline buffer of the tissues makes patients feel better.** As mentioned above, this is particularly true in chemically sensitive patients, and can actually be a “cure” in the sense that we are increasing the body’s ability to react in a healthy way to noxious stimuli. If I use the intravenous sodium bicarbonate in such patients, it is usually given twice a week for a period of 4-5 weeks. **Sodium bicarbonate is a very effective way of directly improving cellular health by making the tissue more alkaline**,” concludes Dr. Chan.

THC—Cannabinoids

We will publish chapters discussing these minerals in *Radiation Toxicity Syndrome* as well as a chapter dedicated to medical marijuana. **Marijuana offers strong protective qualities against radiation exposure.** Since fewer and fewer people have the financial resources to continually purchase all the helpful things they will need perhaps growing weed in our backyard will offer the public one of the best anti-radiation solutions in the long run. Instead of it being just relaxing it might become very necessary to intake marijuana to increase ones defenses against radiation exposure. Might as well get your brownies ready but one has to be careful about radiation getting into everything, even your marijuana plants, which will actually thrive nicely in radioactive environments.

One of the world’s foremost experts on medical marijuana Rick Simpson says:

> I have seen patients that were suffering from cancer who were badly damaged by the effects of radiation treatments, which were able to completely eliminate the damage in a short time. Some, who have come to me that had radiation treatments, were burned so badly by its effects that their shin looked like red leather. After ingesting the oil treatment their skin went back to its normal healthy state and the radiation burns disappeared completely. If the oil can do this for someone that was badly damaged by such so called medical treatments, would its use not be effective to combat the effects of the radiation, now emanating from Japan. Now with the menace that all this escaping radiation presents, we would have to be insane to turn our backs on the use of hemp extracts to help us all deal with this situation.

Let's Not Forget the Sun

A team of researchers led by National Cancer Institute (NCI) epidemiologist Dr. Michal Freedman states that vitamin D is highly successful in reducing deaths from cancers of the colon and rectum. Researchers studied 16,818 people who had joined a nationwide U.S. government health survey between 1988 and 1994. **The study found that people with relatively high blood levels of vitamin D when they entered the study had a 72 percent reduction in their risk of dying of colorectal cancer compared to those with lower levels of vitamin D.**[9]The sun and our resultant vitamin D levels will become more important as the radiation levels increase. We are already seeing epidemics of vitamin D deficiency because the dermatologists just could not help themselves; they had to make their own dramatic mistake to keep up

with other branches of medicine. They championed toxic sunscreens that not only increase users toxic load but they cut these same uses off from necessary intake of solar radiation that creates the absolutely necessary vitamin D.

Sulfur

Sulfur is an element of the earth and it is essential to life. Sulfur, like all the other basic elements is critical to human health and proper medical care, especially when our bodies are under attack from heavy metals like mercury, from chemicals as well as from radioactivity. Sulfur compounds are found in all body cells and are indispensable for life, they are needed for a number of chemical reactions involved in the detoxification of drugs and other harmful toxins, and they have potential clinical applications in the treatment of a number of conditions such as depression, fibromyalgia, arthritis, intersticial cystitis, athletic injuries, congestive heart failure, diabetes, cancer, and AIDS.

Real Salt

The World Health Organization (WHO) has warned against excessive intake of iodized salt against radiation sickness. “It is dangerous to take large amounts of iodized salt in order to increase the amount of stable iodine in the body. Increasing one’s daily intake of iodized salt will cause more harm than good,” WHO said in a statement.

WHO pointed out that sodium chloride, consumed in large amounts, is acutely toxic and even tablespoon quantities of salt repeatedly taken over a short period of time could cause poisoning. Iodized salt

is one of the more common sources of iodine but it is also found in disinfectants, antiseptics and water-sterilizing solutions. **Iodized salt has very low amounts of iodine** so any desperate attempt to supplement with iodine using table salt is a bad idea. Also iodized salt is terrible because it has been stripped of all of its minerals.

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[1] NHANES. National Health and Nutrition Survey showed iodine levels have declined 50% in the US. CDC National Center for Health Statistics. CDC. gov 2000.

[2] Oziol L, Faure P, Vergely C, Rochette L, Artur Y, Chomard P, Chomard P (2001) In vitro free radical scavenging capacity of thyroid hormones and structural analogues. J Endocrinol 170:197-206

[3] Berking S, Czech N, Gerharz M et al. (2005) A newly discovered oxidant defence system and its involvement in the development of Aurelia aurita (Scyphozoa, Cnidaria): reactive oxygen species and elemental iodine control medusa formation. Int J Dev Biol 49:969-76

[4] Tseng YL, Latham KR (1984) Iodothyronines: oxidative deiodination by hemoglobin and inhibition of lipid peroxidation. Lipids 19:96-102

[5] Durlach J, Bara M, Guiet-Bara A, Collery P. Relationship between magnesium, cancer and carcinogenic or anticancer metals. Anticancer Res. 1986 Nov-Dec;6(6):1353-61.

[6] May 19, 1931, Dr. P. Schrumpf-Pierron presented a paper entitled “On the Cause Of the Rarity of Cancer in Egypt,” which was printed in the *Bulletin of the Academy of Medicine*, and the *Bulletin of the French Association for the Study of Cancer* in July, 1931.

www.mgwater.com/rod02.shtml

[7] Foster HD. “Landscapes of Longevity: The Calcium-Selenium-Mercury Connection in Cancer and Heart Disease,” *Medical Hypothesis*, Vol. 48, pp 361-366, 1997.

[8] www.amazing-glutathione.com/radiation-exposure-andnglutathione.html#ixzz1K7pvkTUh

[9] Published in the *Journal of the National Cancer Institute* in early November 2007. The researchers were quoted as saying that the findings in colorectal cancer were consistent with other studies of vitamin D.

Iodine Treatments for Radiation Exposure

After testing over 500 patients, I found that 94.7 percent of my patients are deficient in inorganic iodine.

- Dr. David Brownstein

Clearly we are just at the beginning of this disaster and very far from its end, and already it is unprecedented in scope. “If this accident stops right now it will already be one of the three worst accidents we have ever had at a nuclear power plant in the history of nuclear power,” said Joseph Cirincione, an expert on nuclear materials and president of the U.S.-based Ploughshares Fund, a firm involved in security and peace funding.

There is absolutely zero chance that this disaster in progress is going to stop now or any time soon, so precautions need to be taken right

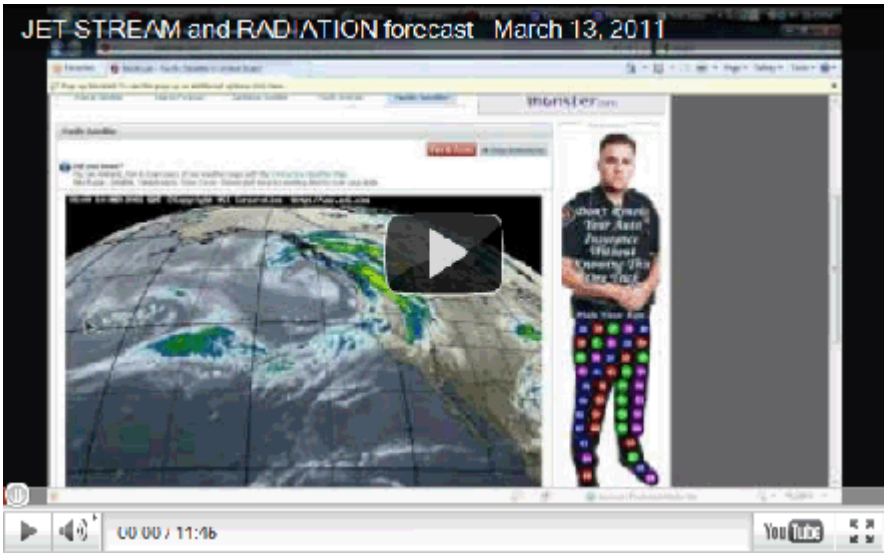
away by every citizen in the northern hemisphere that is downwind and on the track of the jet stream that will quickly carry radioactive materials first to North America then to Europe and beyond to Russia. This is all going to be much worse than people want to believe, so rush to get your iodine right now! Get your hands on whatever you can, for in a few days there will be no iodine to have of any type.

Dr. Brownstein writes, "**If there is enough inorganic, non-radioactive iodine in our bodies, the radioactive fallout has nowhere to bind in our bodies**. It will pass through us, leaving our bodies unharmed. It is important to ensure that we have adequate iodine levels BEFORE this fallout hits." There is some very important information about iodine below not being presented by the government or press. This is an IMVA Emergency Alert and we will be updating this document in the days and weeks ahead so check back to the IMVA blog for the most current form.

Think again, think seven times again before
you leap and start construction of new nuclear
power plants.
- Mikhail Gorbachev
- June 2006

Though the United States, Canadian and European governments are not warning their citizens of the dangers that will drop down on them from the jet stream, this following video does a good visual job of showing what areas will be most affected. With the true size of the catastrophe starting to take shape populations downwind across the entire northern hemisphere had better start becoming concerned

enough to secure supplies of iodine to protect themselves from one large part of the radioactive dangers.

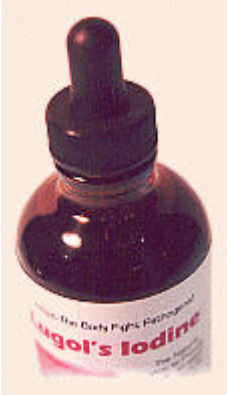


Humans tolerate large doses of iodine so the very high dosages recommended for protection for radioactive iodine are not usually a problem except for those who already have serious problems with their thyroids, which is quite a lot of people considering how many are deficient in this vital nutrient. The government's recommendation of a onetime pulse dose might perhaps be

appropriate when confronted with a nuclear blast but for chronic long term exposure, which is suggested with what is in progress in Japan, calls for different formula and dosages through time.

Dr. Michael B. Schachter says, “The treatment dose when a person is iodine insufficient is generally between 12.5 mg and 50 mg daily. Preliminary research indicates that if a person is iodine insufficient, **it takes about three months to become iodine sufficient while ingesting a dosage of 50 mg of iodine daily and a year to achieve that while ingesting a dosage of 12.5 mg of iodine daily.**

If radiation threatens, it behooves people to start taking the highest dosages tolerable to protect not only their thyroids but also all the glandular tissues as well. Iodine protects the thyroid, breasts, prostate and ovary glands as well as other tissues in the body from radiation if present in sufficient quantities.



When treating life-threatening diseases we do not have months to fool around with low dosages. We need to zoom up iodine levels quickly. And we need to get it concentrated to certain tissues or organs. Just to give you an idea of how high iodine dosages have been taken we have to revisit the 1930s when iodine was still a universal medicine present in the U.S. Pharmacopeia and used at much higher dosages than anyone even dreams of using today.

The usual dose for treatment back then was 300 mgs (46 drops of full strength Lugol's) to 1 gm (1000 mg, 154 drops). It is very important to realize that today's Lugol's is not universally the same as it was because of new federal legal requirements about concentration levels. The best company offers Lugol's at varying concentration levels.

There will be little or no time to consult doctors and other health care practitioners to get the proper dosage. The standard dose for potassium iodide during radiation emergencies: For infants, babies and children, KI is administered for exposure of 5 centigrays (cGy) or more. For birth through 1 month, 16 mg can be administered; for 1 month through 3 years, 32 mg can be administered; for 3-12 years, 65 mg can be administered; for adolescents ages 12-18 years, 65 mg

can be administered (**or up to 120 mg if the adolescent is approaching adult size**).

Nascent Iodine

Nascent iodine, though more expensive, actually tastes and feels good while going down and is gentle enough to give to children, who do not seem to complain about its taste. My recommendation would be to use the Nascent Iodine in high dosages to both saturate the thyroid (which makes it less vulnerable to chemical and radioactive attack) while it will also knock out any contaminants already absorbed. Nascent iodine contains approximately 400 mcg per drop so 10 drops is 4 mg and 100 drops is only 40 so it's safe to take much higher dosages than is suggested on the bottle. In fact one has to completely ignore the suggested dosages on the bottle and take some of the information below as ones guidance for dealing with threatening radiation dropping down out of the clouds that are moving along with the jet stream.

One hundred drops a day is a strong dose, but when treating life-threatening diseases it would not be unheard of to use upward of 200 drops a day in divided doses, but if you get your iodine on the day the

news is sounding the radiation alarm I would jump right to 100 drops or 50 drops in divided dosages for children. It is my belief that the Nascent atomic form is much more efficient than the molecular form meaning you would need less but when confronted with a cloud of radiation one wants to work beyond the speculative. Again the government is recommending a onetime dosage, which makes sense if there is no time to address iodine deficiencies.

It normal conditions it is important to remember that one should not shoot straight up to these dosage levels; rather, start at low dosages and monitor for detoxification reactions, which will be less if sodium bicarbonate and other substances are used in conjunction with it. But in emergencies involving radiation we have not the luxury of time so one has to thrust iodine levels up sharply in burst dosages.

Dr. Brownstein said he was using 200-300 mg with his prostate and breast cancer patients, and those who have metastases needing the highest dosages. He also uses both Lugol's and Nascent reserving the Nascent for his more sensitive patients. There is also the tablet form of varying dosages (Iodoral), which is used by more than several of the iodine doctors I know.

Iodine is needed in microgram amounts for the thyroid, milligram amounts for breast and other tissues, and can be used therapeutically in gram amounts.

- Dr. David Miller

Potassium iodide can be found in many health food stores. Combinations of iodide/iodine can be obtained from holistic physicians. Iodoral, Iodozyme HP, and Lugol's solution are examples

of this form of iodine. I prefer the Nascent iodine, especially for children, because it is gentler on the system being that it is in the atomic form making it easy for the body to convert it into the needed forms—iodide and iodine.

These one time high pulse dosages of potassium iodine are necessary during an emergency but they do not come without some risk of side effects, which include: severe allergic reactions (rash, hives, difficulty breathing, tightness in the chest, swelling of the mouth, face, lips or tongue), black, tarry stools, confusion, fever, irregular heartbeat, metallic taste in the mouth, mouth sores, numbness or tingling of the hands or feet, skin rash, stomach pains, swelling in the neck or throat, unusual tiredness, weakness.

Endocrinologic side effects have included both hyper- and hypothyroidism. By inhibiting the release of thyroid hormone from the thyroid gland, iodide can cause goiter and hypothyroidism. This has been called the Wolff-Chaikoff effect, occurring in approximately four percent of patients and may be more likely in patients with cystic fibrosis (CF). Iodide may induce hyperthyroidism, called the Jod-Basedow effect, when given to patients with preexisting iodide deficiency or autonomous, “hot” thyroid nodules. Iodide can cause parotid gland swelling.

Usually, side effects of potassium iodide happen when people take higher doses for a long time but they can occur from taking the government’s recommended onetime pulse dose. The standard warning from the mainstream is that “we should be careful not to take more than the recommended dose or take it for longer than you are told,” which is only once. “Side effects are unlikely because of the low dose and the short time you will be taking the drug.” This is not

good advice at all since too-low dosages will not protect one from the radioactive iodine fallout and the short time of application is absolutely out of the question when the fallout will be continuous, as it will be because of the continuous venting of radioactive materials into the atmosphere at the crippled Japanese reactor sites.

When faced with a radioactive cloud it is absolutely imperative that you take iodine, **whatever iodine you can get your hands on**. If the only iodine available is topical iodine that is not suitable for oral use then you should paint your body and your children's bodies with it. Few people have ready access to the Nascent iodine so will not enjoy its ease of application in repeated measured dosages that are more gentle to the system, thus yielding fewer side effects. Because Nascent is in the atomic form (I^1), it is absorbed faster and that can also be advantageous in emergency situations. Its only downside is the expense of having to use so much of it.

Don't Trust Governments Recommendations

Dr. John W. Gofman, Professor Emeritus of Molecular and Cell Biology in the University of California at Berkeley, has written extensively about the effort to belittle the menace of low-level radiation. People associated with the nuclear and medical industries assert falsely, "there is no evidence that exposure to low-dose radiation causes any cancer—the risk is only *theoretical*," or "the risk is utterly *negligible*," or "the accidental exposures were below the *safe* level," and even "there is reasonably good evidence that exposure to low-dose radiation is *beneficial* and lowers the cancer rate." By any reasonable standard of scientific proof, the weight of the human evidence shows decisively that cancer is inducible by

ionizing radiation even at the lowest *possible* dose and dose-rate—which means that the risk is never theoretical.

Nobel Laureate Linus Pauling described this process as follows: "The rays of high-energy radiation are like little bullets that shoot through the body. They tear electrons away from molecules and through subsequent reactions of the molecular ions that are formed, the molecules may be broken in two, some atoms may be torn away from them, some new molecules may be formed. The dose of 500 roentgens that usually leads to death by acute radiation sickness causes about 500,000 changed molecules to be formed in each cell. If any of the special molecules [that control the process by which the cell divides] happen to be damaged by a single little bullet of radiation from a single radioactive atom, it may be changed in such a way as to cause the cell to divide much more rapidly than the other cells. This cell may then produce a colony of rapidly dividing cells, which in the course of time would outnumber the normal cells of that type. Then the human being may die from cancer—perhaps leukemia, bone cancer, some other kind of cancer—caused by the single radioactive atom that produced the single little bullet of radiation."

Radioactive materials, plutonium in particular, affect the deepest level of the human being—bone marrow, DNA, genetic structure, inner organs and the deepest of emotions. The message is clear. We have created a horrific heritage.

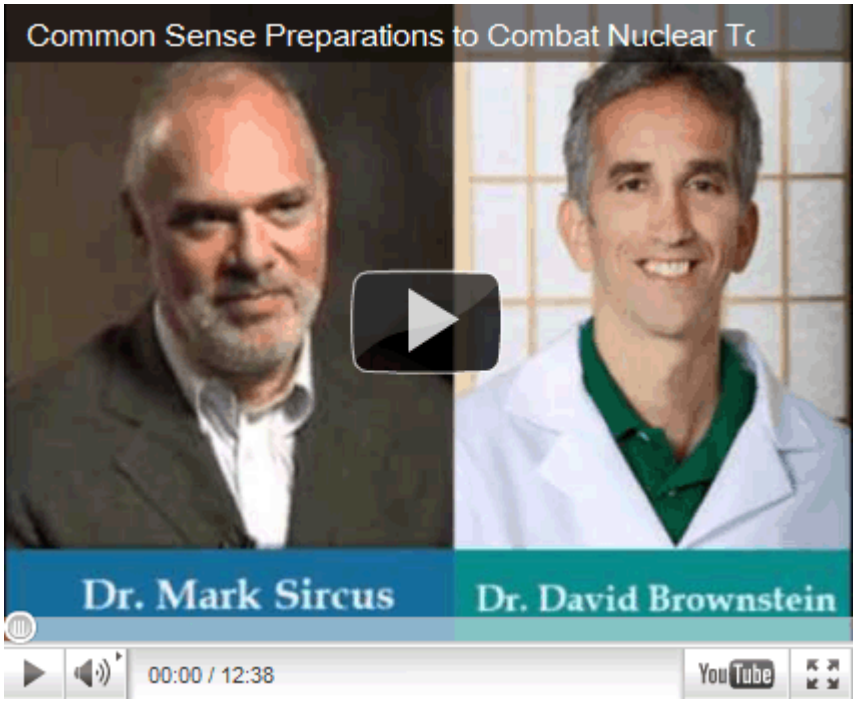
- Jeremy Sherr

Iodine will do nothing to protect a person from uranium, caesium or plutonium radiation exposure so one has to turn to my full protocol and especially to eating clay and clay baths to try to remove these other particles as fast as possible.

For the governments perspective on potassium iodide please go to the CDC site.

Real Doctors Have Real Things To Say

Hotel Reception Desk: Chernobyl



In this informal conversation I had with Dr. David Brownstein he brings us back to the very basics of what we need to do to protect ourselves to the maximum possible from increasing radiation in the environment. So even before rushing out to buy iodine we might better start with hydrating our bodies to the 100 plus level because just like they need to spray down the reactors and spent rod pools with water, we ourselves need to spray down our entire cellular colony within our bodies. Simply put, our cells will burn a lot faster when dehydrated then when fully hydrated especially with purified water with some bicarbonate it in. David also makes the important point about vitamin C, so take yourself and everyone in the family up to bowel tolerance level. He also stresses not using common table salt but instead Real Salt, Himalayan or Celtic salts that are unprocessed; he explains how these salts can provide vital minerals that will protect the cells quickly.

Fortunately we have a medical diagnosis of the situation from a doctor who knows something about iodine and the necessity of taking more of it now.

Dr. David Brownstein, author of *Iodine: Why You Need It, Why You Can't Live Without It*, is a friend and a great author of honest medical books. If I could scream with a megaton of force it would be a scream at the orthodox medical establishment to listen to Dr. Brownstein about iodine.

You have to understand, screaming would be required for they are very hard of hearing over there at the FDA and CDC. Even hearing aids don't do much good for the higher officials in these organizations.

Neither organization puts out trustworthy information because they are front organizations for the organized selling of poisons or what are otherwise called pharmaceuticals. Like the radiation they are telling us is safe, pharmaceuticals must be taken in low dosages to avoid the harmful side effects. It's the poisonous nature of pharmaceuticals that create the side effects. Same with radiation—it's the poisonous nature of nucleoid particles that create the radiation sickness and cancer.

As of the 3rd of April Dr. David Brownstein's diagnosis and advice was:

> I just wanted to give you a quick update on the Japanese nuclear disaster. It is clear that there has been a meltdown at the reactor core. **The amount of radioactivity released into the air and the ocean is very large. This may surpass the amount released at Chernobyl**.
>
> There is no question that radioactive particles will be carried by the jet stream and deposited over North America. In fact, there have been multiple reports of radiation spikes occurring in a number of states. Now, the amount of radiation reported has been low. But, do not let that fool you. **If you are iodine deficient, your body will try to absorb iodine from whatever source it can get it from, radioactive particles from Japan included.**
>
> As I mentioned in a previous post, it is important to ensure that you are iodine sufficient. How can you do that? The first step is to work with a health care provider who is knowledgeable about iodine. [Editors commentary: It's unfortunate but finding such doctors might be like finding a

needle in a haystack.] Next, you can get your iodine levels checked. Many labs will do this with a simple urine test. FFP labs and Hakala Labs do the most complete test on iodine, the 24-hour loading test. I describe this test in more detail in my book, Iodine: Why You Need It, Why You Can't Live Without It, 4th Edition. You don't need a doctor's order to complete this test.

Finally, ensure that you are taking adequate amounts of inorganic, non-radioactive iodine in order to maintain whole body iodine sufficiency. Iodoral (Optimox), Iodozyme HP (Biotics) and Lugol's solution are examples of this type of iodine that are effective for maintaining whole body iodine sufficiency. **The amount of iodine needed to achieve whole body sufficiency, for most of my patients, varies between 6 and 50 mg/day**. What do I mean by "whole body sufficiency"?

Many people and experts talking about the problems with radioactive iodine focus on the thyroid. The thyroid gland has the largest concentration of iodine in the body. However, every cell in the body needs and requires iodine to function optimally. The breasts, ovaries, uterus, prostate, and other tissues also contain large amounts of iodine. **If the body is deficient, these tissues will take up radioactive iodine if given the chance.** The whole premise of ortho-iodo supplementation is to ingest enough iodine in order for all the tissues of the body to be iodine sufficient. The consequences of iodine deficiency are severe—increases in cancer of the breast, ovary, uterus and thyroid. Radioactive

iodine exposure in an iodine deficient state will increase the risk of cancer.

The best results with iodine therapy are when it is combined with a holistic treatment regimen. This includes taking vitamin C and salt. Furthermore, correcting nutrient imbalances and detoxifying will help. Finally, ensure that you stay hydrated.

There is no need to panic over the Japanese disaster. You can use this situation as a wake-up call to ensure that you are doing all that is possible for maintaining your optimal health. Finally, remember to educate yourself about iodine so that you can make the best health care decisions.

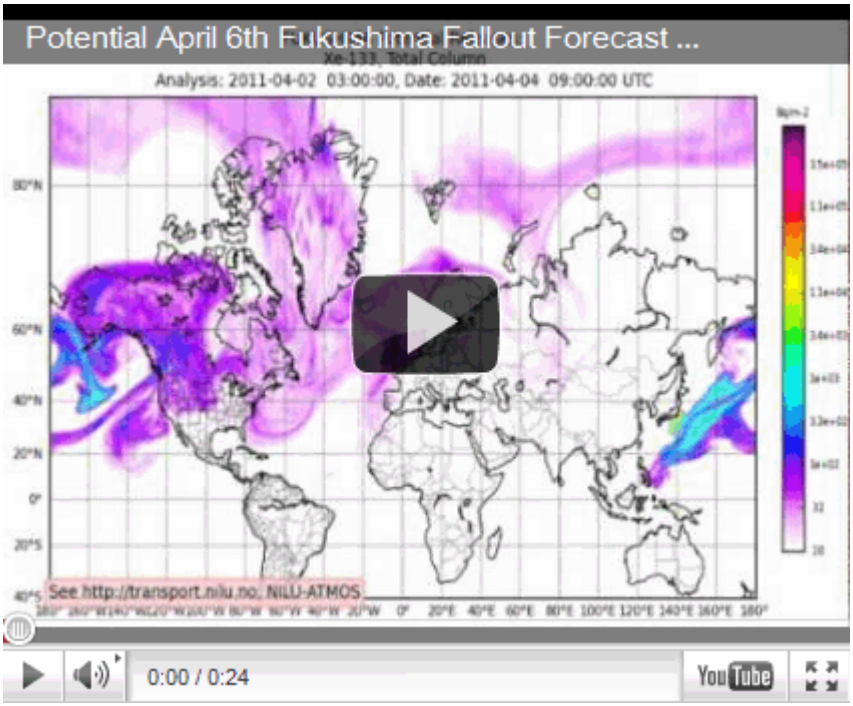
The message is simple:

When it comes to iodine and other minerals it's about giving our bodies what they need so they don't take on the harmful and radioactive things it doesn't need.

Crime Against Humanity

A medical crime is being committed by the medical establishment (one-world government). The response across the northern hemisphere is uniform. From the backyard of the Fukushima plant to the Great Plains of the United States radiation levels are determined to be safe when they are not, since there is no such thing as completely safe radiation.

Authorities are not planning yet to expand the evacuation zone around the plant or are resisting to the maximum possible its expansion. The government created a 20-km (12-mile) evacuation zone around the site after the earthquake and tsunami and they have no intention of getting more people out of harm's way. The same type of consciousness is evident everywhere—do nothing and stay calm.


Potential April 6th Fukushima Fallout Forecast ...
Xe-133, Total Column
Analysis: 2011-04-02 03:00:00, Date: 2011-04-04 09:00:00 UTC
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The radiation is much higher in Japan but in the United States the population is much more deficient in Iodine than in Japan where the people who consume a lot more iodine each and every day than Americans. According to Dr. Brownstein 95 percent of the American population (and in fact most of the world's population) is deeply deficient in iodine leaving them much more vulnerable to the iodine radiation that is raining down already on the continental United States.

The caesium fallout levels now rival the levels recorded when the Soviet nuclear reactor at

Chernobyl exploded in 1986.

Radioactive caesium and iodine has been deposited in northern Japan far from the Fukushima Daiichi nuclear plant, at levels that were considered highly contaminated after Chernobyl.The readings were taken by the Japanese science ministry revealing high levels of caesium-137 and iodine-131 outside the evacuation zone.

We have a problem on earth that is just not going to go away. At this point does any rational being seriously think that such total destruction at the nuclear plant in Japan can be fixed or repaired?

Dr. Michio Kaku has been talking for weeks about the possible dangers that we are still not preparing for if they lose total control of the Fukushima plant. There is a very high possibility for a worst-case scenario event though no one seems to worried about it.

The Environmental Protection Agency said it expected elevated levels of radioactive material in rainwater following the incident at the Fukushima nuclear plant and that in fact has occurred from east to west coast. A report released on Saturday found levels of two kinds of cesium and iodine-131 in Boise's Idaho precipitation. Boise's levels were higher than any other U.S. city.

In an obscure report a rooftop water-monitoring program managed by UC Berkeley's Department of Nuclear Engineering detected substantial spikes in rain-borne iodine-131 during torrential downpours. The levels exceeded federal drinking water thresholds, known as maximum contaminant levels by as much as 181 times, though everything was declared as safe.

The World Health Organization says that iodine deficiencies are among the easiest and least expensive of all nutrient disorders to prevent. The addition of a small, constant amount of iodine to the salt that people consume daily is all that is needed, they think.

The elimination of IDD is a critical development issue, and should be given the highest priority by governments and international agencies. Recognizing the importance of preventing IDD, the World Health Assembly adopted in 1991 the goal of eliminating iodine deficiency as a public health problem. In 1990, world leaders had endorsed this goal when they met at the World Summit for Children at the United Nations. It was reaffirmed by the International Conference on Nutrition in 1992. In 1993, WHO and UNICEF recommended universal salt iodization as the main strategy to achieve elimination of IDD. In 2005, the importance of IDD elimination was again recognized when the World Health Assembly adopted a resolution committing to reporting on the global IDD situation every three years. Since 1990, there has been tremendous progress in increasing the proportion of dietary salt that is adequately iodized. As a result, many countries have achieved, or are now on the threshold of achieving IDD universal salt iodization (USI) is defined as when all salt for human and animal consumption is iodized to the internationally agreed recommended levels. In those countries, the emphasis will shift to ensuring that these achievements are permanently sustained.

UNICEF, ICCIDD (5), and WHO (6) recommend that the daily intake of iodine should be as follows:

- 90 µg for preschool children (0 to 59 months)
- 120 µg for schoolchildren (6 to 12 years)

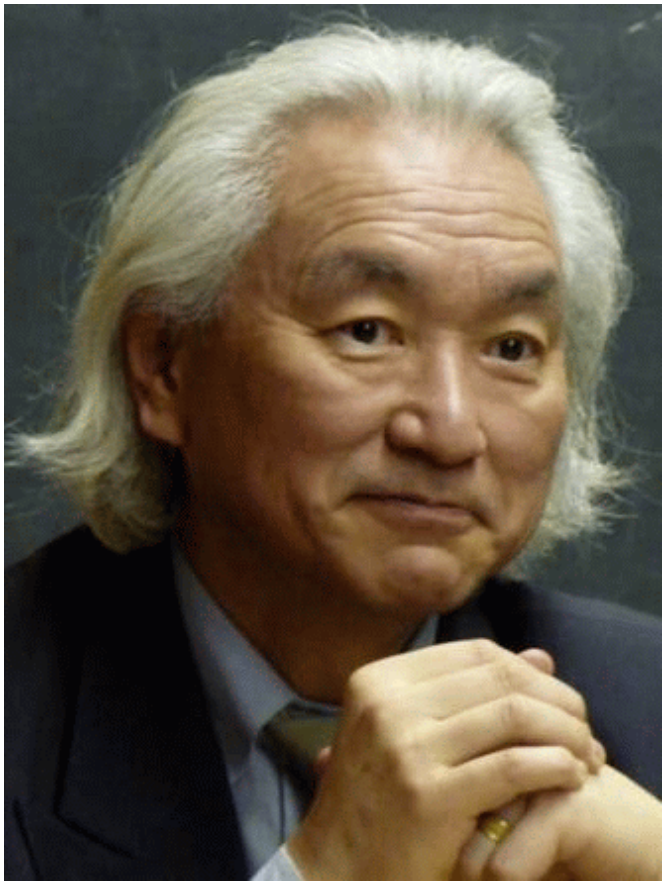
- 150 µg for adolescents (above 12 years) and adults
- 250 µg for pregnant and lactating women

The Iodine Deficiency Disorders

Iodine deficiency occurs when iodine intake falls below recommended levels. It is a natural ecological phenomenon that occurs in many parts of the world. The erosion of soils in riverine areas due to loss of vegetation from clearing for agricultural production, overgrazing by livestock, and tree-cutting for firewood results in a continued and increasing loss of iodine from the soil. Groundwater and foods grown locally in these areas lack iodine. When iodine intake falls below recommended levels, the thyroid may no longer be able to synthesize sufficient amounts of thyroid hormone.

The resulting low level of thyroid hormones in the blood (hypothyroidism) is the principal factor responsible for damage to the developing brain and other harmful effects known collectively as “iodine deficiency.”

Exposure Levels Going Up Everywhere



The decision to raise the alert level to seven amounts to an admission that the accident is likely to have ***substantial and long-lasting consequences for health and for the environment****.*

"Radiation is continuing to leak out of the reactors, the situation is not stable at all, radiation continues to leak," says Dr. Michio Kaku, professor of theoretical physics at the City University of New York and top graduate of Harvard. "**We are looking at a ticking timebomb**. It appears stable but the slightest disturbance, a

secondary earthquake, a pipe break, evacuation of the crew at Fukishima could set off a full scale meltdown at three nuclear power stations—**far beyond what we saw at Chernobyl**."

> Aftershocks rattling Japan after the nation's record quake on March 11 may continue for at least six months, **increasing the risk of damage to a crippled nuclear plant** at the center of the worst nuclear crisis since Chernobyl. "Aftershocks as big as magnitude-7 are likely to continue hitting in eastern and northern Japan for at least six months," said Teruyuki Kato, a professor at the University of Tokyo's Earthquake Research Institute.

This is the main scientist to listen to and it's worthwhile to watch his most recent statements on the video. Radioactive contamination from the Fukushima power plant has been carried around the world and far out to sea and if current estimates and the situation does not worsen we already will have 10 percent of Chernobyl's radiation spreading around the globe and it looks like each and every month we will see another 10 percent of another Chernobyl worth of radiation released to contaminate the world further. Dr. Kaku says his family is already leaving Tokyo becasue they don't believe the statements of the Japanese utility because they have consistently lowballed the dangers as has everyone else.

Busby: 400,000 to develop cancer in 200 km radi...
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Dr. Chris Busby, another physicist says there is a rage in the people in Tokyo and he now predicts, based on his calculations, that 800,000 people out of about 8 million who live within 200 kilomters of the plant will contract cancer if they are not moved out. Dr. Kaku still advises entombment in giant slab of concrete with 5000 tons of cement, sand and boric acid but if that ever happens it will be months away and will take a huge effort that would take many more months.

Dr. Kaku says that, “The Tepco utility people are outclassed and overwhelmed and should be removed from their positions. They are ‘making it up as they go along’,” he says of the efforts of engineers to get this disaster under some control. He also says, “We would see increases in leukemias and thyroid cancers from the **massive amounts of radioactive iodine being released**.”

In the news the same day we see the operator of Japan’s tsunami-flooded nuclear power complex was seeking ways to pull damaged spent fuel rods out of a storage pool at one of its reactors, **citing**

surging radiation and elevated temperatures as worrisome signs.

These two physicists are the men to monitor if you want a real assesment of the level-7 nuclear disaster. With each passing week the words “safe”, “low levels”, “not harmful” will all lose their meaning as the more massive amounts of radiation are released. Six months from now it will be a different world with several open fission processes happening in multiple reactors.

“This accident has already released something on the order of 50,000 trillion becquerels of radiation. You do the math. That puts it right smack in the middle of a level-7 nuclear accident,” said Kaku. NISA and Japan’s Nuclear Safety Commission (NSC) estimate that 370,000-630,000 terabecquerels of radioactive materials have been released from Units 1, 2 and 3. One terabecquerel equals one trillion becquerels.

Dr. Busby, who is *Scientific Secretary of the European Committee on Radiation Risk*, calculated radiation levels two weeks ago:

> Since the official International Atomic Energy Agency (IAEA) figures for the Fukushima contamination are from 200 to 900 kBq/sq meter out to 78 km from the site, we can expect between 22% and 90% increases in cancer in people living in these places in the next 10 years. The UN definition of radioactively contaminated land is 37 kBq/sq meter. Since the IAEA data show that these levels of contamination, from 200,000 to 900,000 disintegrations per second per square meter, exist up to 78 km from Fukushima, we can already calculate that the contamination **is actually worse than Chernobyl**, not 1 percent of Chernobyl. For the area defined

by a 78 km radius is 19,113 sq km compared to the Chernobyl exclusion zone of 2,827 sq km—**about seven times greater**.

By June of 2011 we will see a repeat or perhaps an intensification of the radiation being put out into the environment as the melting nuclear materials continue to break through barriers. Radiation emitted will continue for an indeterminate period—at least for months, maybe years—many, many years.

There is a real possibility that humanity is going to have to learn to live with raw fission in the open environment. If the worst-case scenario happens—as is happening—then it will be open hunting season on everyone in the nuclear power industry as well as on politicians who have allowed them to be swayed, pressured or bribed to swear to the safety of nuclear insanity. This could be the fire pit of hell brought to earth that will finally expose the toxic monsters of the modern world for who and what they are. Making money as they have done and continue to do through the massive use of poisonous substances, nuclear or chemical, they have compromised their souls and their right to exist among more sensitive compassionate beings.

There is nothing more urgent in the field of medicine then us getting a handle on the best ways to eliminate heavy metals, radiation contamination and other toxic poisons from the body. **The most obvious way of course is to reduce exposure.** Sometimes to avoid toxic exposure we have to move out of a moldy house, out of a city heavily laden with air pollution or even out of a country if one plans on living a long and healthy life. If humans keep up with their intense poisoning of their planet it might mean going off the planet or burrowing deep into the ground.

Avoiding exposure is not always possible when it comes to nuclear radiation, mercury and microwaves.

The Japanese government is making a fatal mistake leaving millions of citizens too close to the exposure of the badly leaking atomic plant. Their direction to just stay indoors is not an effective and certainly not a permanent way to avoid exposure. It is understandable why they would resist removing millions from their homes but in this case it is the only way to avoid exposure and resultant radiation sickness.

How secure should we feel about the evolving situation? Dr. Kaku couldn't have been any more frank when he said, "Fukushima is about as stable as "hanging by your fingernails off a cliff, and they're beginning to break one by one."

China's Ministry of Health said on April 13, that radioactive isotope iodine-131 had been detected in various kinds of vegetables in 12 provincial regions. The radioactive isotope was found in spinach, asparagus, lettuce, cabbage, Chinese cabbage and other vegetables in Beijing, Tianjin, Hebei, Shanghai, Jiangsu, Zhejiang, Shandong, Henan, Hunan, Guangdong, Guangxi and Hainan, according to a statement from the ministry.

The risks associated with iodine-131 contamination in Europe **are no longer "negligible**," according to CRIIRAD, a French research body on radioactivity. The NGO is **advising pregnant women and mothers of infants against "risky behavior," such as consuming fresh milk or vegetables with large leaves**. In response to thousands of inquiries from citizens concerned about fallout from the Fukushima nuclear disaster in Europe, CRIIRAD has

compiled an information package on the risks of radioactive iodine-131 contamination in Europe.

After the radioactive cloud emanating from Japan's stricken Fukushima nuclear power plant reached Europe in late March, CRIIRAD, a French research body on radioactivity, said it had detected radioactive iodine-131 in rainwater in southeastern France. In parallel testing, the French Institute for Radiological Protection and Nuclear Safety (IRSN), the national public institution monitoring nuclear and radiological risks, found iodine-131 in milk. **In normal times, no trace of iodine-131 should be detectable in rainwater or milk**. Radiation monitors in Canada, in Ontario, New Brunswick and British Columbia have also detected radioactive iodine.

In the United States EPA data show rising levels of iodine-131, caesium-134, and cesium-137 up to 300% of maximum limits. Hawaii milk samples showed radiation 800% above normal for caesium-134, 633% for caesium-137, and 600% for iodine-131. Water contamination measured over 20 times acceptable levels. Mainland amounts are also rising, including in air, soil, grass, milk, spinach, strawberries, and other foods.

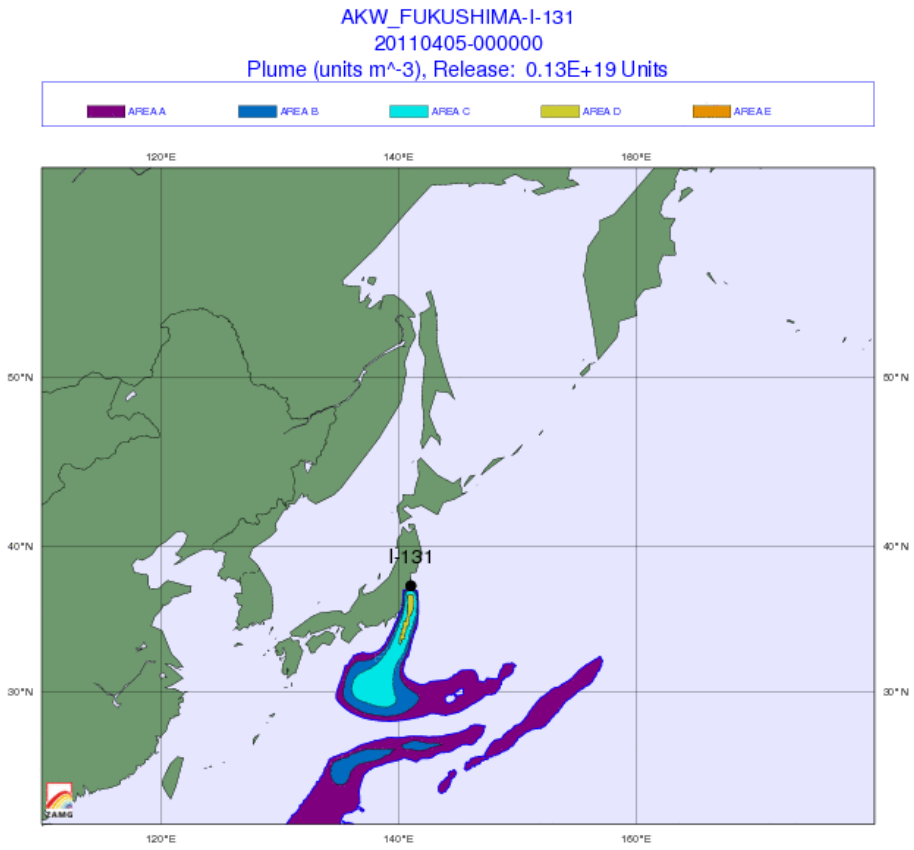
Milk is especially important as it suggests the health of the entire food supply because cows eat grass. When the grass is contaminated, so is everything grown in the same soil.

At least 14 U.S. cities reported unsafe radiation amounts in drinking water. However, EPA is only testing for iodine-131, not caesium, uranium or plutonium, all emitted from Fukushima. Several radiation-monitoring stations throughout Spain have recorded

increases in the concentration of iodine and cesium in the air coming from Japan. Same goes for France.

One does not want to wait for the medical authorities on the iodine issue. One has to act quickly to protect their thyroid and the thyroids especially of children. A major cloud of radioactive Iodine 131 has recently passed over South Korea and is now passing just about everywhere else in the northern hemisphere.

Medical and health authorities, it seems, want all pregnant women, babies and children to be unduly exposed to radioactive iodine just because of their phobia and medical conditioning against nutritional iodine supplementation. The entire contemporary medical establishment is abandoning its fundamental mission and pledge to protect the public and their patients against harm when medically possible.



Click on the Image to see the animation.

We have lots of information from Russia about the use of iodine to protect the thyroid. In Poland the use of iodine dosages was found to highly protect children's thyroids from cancer. The risk for cancer of the thyroid is much greater in children requiring much lower exposure to I-131 than it does for adults. Same goes for pregnant women or lactating women.

It is a good time to remember Dr. Jeff Patterson's words, former president of Physicians for Social Responsibility. "There is no safe level of radionuclide exposure, whether from food, water or other sources. Period! Exposure to radionuclides, such as iodine-131 and caesium-137, increases the risk of cancer. For this reason, every effort must be taken to minimize the radionuclide content in food and water."

It's interesting to consider that the mainland Japanese ingest nearly 14 mg of iodine daily (mostly from seaweed)—almost 100 times more than the U.S. RDA. These are large amounts by U.S. standards, yet the Japanese have extremely low rates of fibrocystic breast disease, as well as breast, endometrial, ovarian and prostrate cancers and will be better able to withstand the onslaught of radioactive iodine than their American or European counterparts.

Principally known for its job in proper metabolism and thyroid function, iodine is also necessary for a healthy immune system and has many therapeutic benefits including antibacterial, antiparasitic,

antiviral and anticancer properties. Though the thyroid is the body's main storage site for iodine the mineral is also concentrated in the glandular system, including the body's sweat glands. The ovaries, breasts, prostate and the brain contain high concentrations of iodine, and virtually every cell in the body is reliant on this important element.

The second part of this book deals with the role of iodine in terms of decreasing the toxicity of fluoride, bromide and chlorine, other halogens that flow into the thyroid to replace the iodine that is not there similar to the situation when radioactive iodine is present and regular nutritional iodine is not.

But now we have to understand iodine for its ability to protect us specifically from radioactive iodine that is now flooding the northern hemisphere. Even low level exposure to and iodine deficient person is a threat for all it takes is a little I-131 in the blood to get into the thyroid to cause us thyroid cancer.

Young women of child-bearing age are the most susceptible to the adverse effects of iodine deficiency. Even mild perturbations of fetal and maternal thyroid function have an impact upon neurodevelopment so these findings are consequently of huge public health importance.

Running For Our Lives

Avoiding Exposure

Avoiding exposure and radiation-induced diseases might come down to, I am terribly sorry to say, running for our very lives. I am including this chapter to create context and richness of information to the expanding nuclear horror story and I will be recommending that one goes right from this volume on Iodine to my deep text on Radiation Toxicity Syndrome, which goes deeply into many of the various treatments of naturopathic nature, which one can employ to defend against radiation damage.

Dr. Michio Kaku, answering the question about the size of the evacuation zone, said:

> **It's pathetic**. The United States government has already stated 50 miles for evacuating U.S. personnel. The French

> government has stated that all French people should consider leaving the entire islands. And here we are with a government talking about six miles, 10 miles, 12 miles. And the people there are wondering, "What's going on with the government? I mean, why aren't they telling us the truth?" Radiation levels are now rising 25 miles from the site, far beyond the evacuation zone. And remember that we could see an increase in leukemia. We could see an increase in thyroid cancers. That's the inevitable consequence of releasing enormous quantities of iodine into the environment.

So Dr. Kaku agrees with me about the need for millions to run. Lucky for many Japanese is the fact that so far most of the winds have blown most of the danger out to sea and onto the northern American continent. If the winds turn and blow to the south for any length of time it could mean curtains for Tokyo.

Today I will begin to answer what Arnie Gundersen is not quite ready to say but will say when he has more data. And that is to answer the question of what to do for oneself and one's family during this nuclear crisis that the world's governments don't want you to know. They are, in reality controlled by one-world institutions like the UN, the World Health Organization and others, and that is why we see a lockstep response heard around the world that says—don't worry!

Life goes on as before and if you want evidence for that just look at your newspaper, Yahoo news summaries or your television to see. But sorry, that is not the truth—not true at all **as a tragedy on a civilization-size scale silently falls down on us in the form of nuclear mists of fine very dangerous particles**. Most are

ignoring this while believing the propaganda of deception that still sounds the loud bells about nuclear safety.

Part of the world ended in March, 2011 in terms of the total destruction of parts of northern Japan and it is true of energy production and industrial capacity, which are collapsing in Japan and around the world like dominoes. After the financial crisis of 2008-2009, the world system has been a drowning giant that is recently coming up from beneath the waters for some air—and now Fukushima is smashing the entire world system back down underwater at a crucial moment.

Filatova Elena Vladimirovna writes, "Let's face it; with the lack of information coming from Japanese authorities, and so much going on behind the scenes, we are like prisoners in proverbial Plato's cave who only see shadows of things from real life that is above the ground. When I saw the videos of explosions on the atomic power station in Japan I knew immediately it was a great catastrophe, and that information is being withheld on an unimaginable scale."

Dr. Michio Kaku said:

> **The tragedy is, this accident has released enormous quantities of iodine, radioactive iodine-131 into the atmosphere**, like what happened at Chernobyl, about 10 percent the level of Chernobyl. Iodine is water-soluble. When it rains, it gets into the soil. Cows then eat the vegetation, create milk, and then it winds up in the milk. **Farmers are now dumping milk right on their farms, because it's too radioactive**. Foods have to be impounded in the area. And let's be blunt about this: would you buy food that says "Made in Chernobyl"? And the Japanese people are also

> saying, “Should I buy food that says ‘Made in Fukushima’?” We’re talking about the collapse of the local economy. And **the government lowballing all the numbers and downplaying the severity of the accident is making it much worse**.

I will probably mention in almost every article I write these days about the need to start taking strong dosages of iodine as one’s first line of defense. Not even for one day should you delay as the exposure to radioactive iodine is already an event in progress. For iodine-sensitive people with preexisting thyroid conditions and for children and babies and pregnant women I continue to recommend Nascent iodine because of its atomic I^1 form. And I will continue to say that you should load up on any and all forms of iodine because you will need to keep your thyroid topped off constantly with iodine for the duration of this nuclear disaster—which could be the rest of our lives.

Prime Minister Naoto Kan “**warned consumers on Wednesday the 13th of April against eating leaf vegetables such as spinach harvested in Fukushima Prefecture** in the first measure involving food consumption to be taken since radioactive materials far exceeding legal limits were found in vegetables there, though in good form top Japanese government spokesman Yukio Edano denied the radiation levels could pose an immediate risk to human health.” Well, perhaps he was thinking about the fact that the Japanese people are iodine sufficient eating as much as 12 mgs of it every day of their lives where as those downwind on the northern American continent consume hundreds of times less.

Avoiding Exposure

If one cannot leave the planet or the northern hemisphere, then doctors Alexey V. Yablokov, Vassily B. Nesterenko, and Alexey V. Nesterenko have some answers from their experience in Russia. “The most direct way of decreasing radionuclide intake is to avoid foods that are potentially heavily contaminated and to consume foodstuffs with lower levels. However, this is not easy to do because the average level of radionuclide bio-accumulation differs in each region owing to differences in soils, agricultural techniques, etc.

“The Chernobyl experience tells us that soaking in water, boiling, salting and pickling foods such as vegetables can decrease the amount of radio nuclides in some foods several-fold. **Milk always contains high levels of radiation; processed products that reduce contamination levels, such as butter and ghee butter, are safer.**”

When it comes to pesticide exposure the easiest way to avoid exposure is to consume organic foods. In a recent U.S. EPA-funded study, 23 Seattle-area youngsters were switched to an all-organic diet, and **the levels of pesticides in their bodies declined to essentially zero after only five days.** When the kids started eating conventionally grown food again, their pesticide levels shot back up. The study, published in Environmental Health Perspectives clearly shows that pesticide-free food leads to pesticide-free kids.[1]

Dr. Joseph Mercola sums it up well when it comes to the usual array of suggestions of things we can do in our daily life to avoid as much toxic exposure as possible. He says to eat as much organic produce and free-range, organic foods as possible. Avoid processed foods—remember that they're processed with chemicals. Only use natural cleaning products in your home. Switch over to natural brands of toiletries, including shampoo, toothpaste, antiperspirants and cosmetics. Remove any metal fillings as they're a major source of mercury. Be sure to have this done by a qualified biological dentist. Avoid using artificial air fresheners, dryer sheets, fabric softeners or other synthetic fragrances as they can pollute the air you are breathing. Avoid artificial food additives of all kinds, including artificial sweeteners and MSG. Get plenty of safe sun exposure to boost your vitamin D levels and your immune system (you'll be better able to fight disease). Have your tap water tested and, if contaminants are found, install an appropriate water filter on all your faucets (even those in your shower or bath). Add to this list the avoidance of pharmaceutical drugs.

Nuclear Elimination Protocol

Fortunately for us and our children, there are natural and semi-natural forms of treatment that can reverse much of the damage of mercury, lead, arsenic and other chemical poisoning. **Even uranium can be eliminated with the proper protocol**. It's an approach to medicine that is radically different, for instead of adding to the already heavy chemical burden of the body (which almost all allopathic medicines do, including synthetic chelators), this approach diminishes chemical accumulations and cleans and detoxifies our bodies.

Detoxification and chelation are medical approaches that are definitely closer to the spirit of the Hippocratic Oath that each doctor swears to but betrays in clinical practice. It is impossible to honor the Hippocratic Oath and practice modern pharmaceutical medicine at the same time because each and every pharmaceutical drug is poisonous to one degree or another. In reality there are so many problems with allopathic medicines it is a wonder that we use them at all.

It has long been known that pesticide exposure presents a health risk to infants and children. Food is one of the main sources of exposure. Understanding dietary exposure to these chemicals is particularly important. High levels of pesticide exposure among fetuses and children have been linked to negative health effects ranging from increased rates of attention deficit hyperactivity disorder (ADHD) to increased blood pressure. In addition, recent research[2] finds evidence of pesticide byproducts in nearly 94 percent of children studied.

Stop in the Name of Love

As this nuclear nightmare continues to unfold it is more urgent than ever that we stop poisoning ourselves. For instance it's a good time to stop drinking diet soda as well as regular sugar loaded acid forming regular soda as well. It's time to stop putting fluoride in the public water supplies. Time to stop injecting our babies and everyone else with mercury because all of these things suppress our ability to resist the toxicity of radiation exposure. Good time to stop smoking cigarettes as well for they are loaded with thousands of chemicals and are slightly radioactive as well.

The newest study about thimerosal from the University of Brazil warns that while vaccines are essential to the wellbeing of children around the world, the use of thimerosal should be reconsidered. The author, Dr. José Dórea, reviews the published science that demonstrates that infant exposure to the amount of thimerosal in vaccines is toxic to human brain cells. A number of recent studies have further suggested that the mercury used in everyday medical products, such as flu shots and amalgam, or "silver" dental fillings, contributes to causing a wide variety of illnesses, including autism and other developmental diseases in children and Alzheimer's disease in adults.

Vera Hassner Sharav writes: "Public health officials on both sides of the Atlantic have lost the public trust because they have been in alliance with vaccine manufacturers in denying that safety problems exist. If vaccines posed no safety problems, why has the U.S. Vaccine Court awarded more than $2 billion dollars to settle 2,500 cases involving vaccine-related debilitating injuries in children?" It's these same officials we are now saying that the radiation spreading around the globe also poses no safety problems, so how can anyone believe

medical officials who have no respect for people and their children whatsoever?

The *New York Times* reports that NY state inspectors have found that "long after a major Brooklyn hospital said it had stopped over-radiating premature babies, inappropriate X-rays were still being administered as recently as January." The inspectors found 27 instances of infants having been **subjected multiple times to over-radiation**.

The most important point to remember is the more the body is weakened and stressed out from other chemical toxins or other sources of radiation, the more difficult it will be to deal with rising radiation levels sourced from Japan.

Diet

And it is time to stop eating all the white foods or what I call the white menaces, white rice, white bread, white sugar, white pasta and white salt. All of these foods are white because they have had all the minerals we will be desperately needing in the age of toxicity removed. With the rising tide of radiation we now face, we need these lost minerals now more than ever.

Doctors Yablokov, Nesterenko, and Nesterenko continue saying:

> There are several simple cooking techniques that decrease radionuclides: boil foods several times and discard the water, wash food thoroughly, soak some foods and discard the water, avoid the peels of fruits and vegetables, salt and pickle

some foods but throw away the pickling juice! Avoid eating strong broths, use butter, etc.

Remember that another way of boosting your body's detox capabilities and overall antioxidant levels is through the foods we eat, which then become key to survival in these stressful times. Being on a detox diet is crucial to regaining health in a toxic environment. Our extensive experience and research shows that those on a no-grain/low-carb (no-gluten) and non-dairy diet fare MUCH better.

Chronic ailments often arise from an imbalanced immune/defense system in which food sensitivities are involved even if they are not the cause of the problem, leading in turn to chronic inflammation—which translates into disease. This is why it is important to undergo an elimination diet in order to balance the body's immune system. Some of our immune cells take six months to regenerate, so it can take that much time to see results if you are very sick. But often you can see positive results in the first two weeks on an appropriate diet, even when you can't afford any other detox therapies.

Garlic and onions, being sulfur containing foods, help bind and deactivate both the radioactive isotopes and toxic metals such as cadmium, lead and mercury. The sulfur will help the kidneys and liver detoxify the body. It is very important to avoid radionuclides in food; if they are consumed, take steps to eliminate them from the body as quickly as possible.

I read this summary of diet on the net:

> With radioactive isotopes detected in rainwater in Minnesota and other states, some people are looking into iodine supplements and other ways to protect the long-term health of their families.

None of the foods (listed below) except perhaps seaweed and kelp will do much of anything to protect the thyroid from radioactive iodine. Thyroid protection involves full repletion of any deficiencies in iodine and that can only be accomplished with strong iodine supplementation. Otherwise this is a good list though they did leave out chlorella, which is a super food that the Russians use along with spirulina.

Here are 19 of the best:

1. Brown rice
2. Seaweed
3. Kelp
4. Miso
5. Pumpkin
6. Spirulina
7. Bee pollen
8. Wheat grass
9. Rosemary
10. Blue-green algae
11. Beets
12. Garlic
13. Ginger
14. Alfalfa sprouts
15. Broccoli
16. Onions

17. Olive oil
18. Leafy greens
19. Apples and other sources of pectin

These foods protect the body from radiation in different ways. For instance, brown rice is high in fiber and phosphorous, which help remove harmful toxins from the body. Sea vegetables contain a polysaccharide that binds to radioactive strontium to help eliminate it from the body, as well as being high in natural iodine. Pectin has also been shown to bind to radioactive residues, and cysteine (in onions) binds with and deactivates radioactive isotopes. Alfalfa sprouts and greens are high in chlorophyll, which has been shown to help protect against radiation damage, as well.

Keep in mind that you should aim for organic and be aware of the sources. For example, fresh sprouted alfalfa sprouts from your windowsill are preferable to those shipped from thousands of miles away (and possibly doused with isotopes).

Also keep in mind that with time many of the foods we might consume to reduce radiation levels in the body might themselves be increasingly contaminated and this is the tragedy of the nuclear nightmare that many of us have feared for decades.

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[1] United Press International, Christine Dell'Amore, 22 Feb 2006

[2] pediatrics.aappublications.org/cgi/content/full/125/6/e1270

Burning Down the House/Thyroid

What does radiation do to us? It burns the cells, kind of like burning down a house. It is well known that radiation burns our cells by creating too much free radical damage. Now of course this is like talking Greek to medical officials and professors because if they knew this they would be on the bullhorn telling the public what to do to minimize free radical damage. In the case of radioactive iodine that gets lodged in the thyroid we have a case of burning the thyroid to the point where it becomes cancerous.

Everyone in the northern hemisphere will have to live with a gentle radioactive mist all around them and their children. We always have been surrounded by radiation but increasingly so in recent decades because of all the nuclear tests and accidents and use of nuclear materials in warfare (God forbid they are using depleted uranium weapons in Libya) and, of course, the wireless revolution. And doctors have gone completely out of their minds increasing the use of

CAT scans and other radioactive diagnostic processes. It all adds up to a bad story.

But now here comes our worst nuclear nightmare, an out-of-control nuclear station belching out plutonium and other very nasty nuclear materials. Imagine it as a mist for that is what it is. If you can conceive of Geiger counters around the world picking this up you know it's raining nuclear particles just about everywhere. Within the space of only five weeks time radiation is being reported in a huge area in the northern hemisphere.

It's only a light nuclear rain so far but who wants to go out even in a mild nuclear rain without a nuclear umbrella? But for those poor unfortunate souls who live and work within 100 miles of Fukushima Daiichi nuclear plant, it's a downpour—perhaps 'only' a strong rain as far away as Tokyo. Now we understand why they tell people to stay indoors, the nuclear density (rain) in an area will only increase the longer the source continues to emit radioactive particles. Staying indoors only affords partial protection for the contamination seeps through in the air, water and food that we breathe and eventually eat and drink.

They can only say that this amount of initial radiation is safe because **biological entities do have built-in systems to handle very unsafe radioactive particles**. Low levels of radiation speak about the quantity of nuclear materials, to their density, but not to the capacity of each nuclear particle to wreak havoc inside our cells by creating flurries of free radicals.

Free radicals are tremendously volatile molecules. When they are in the company of oxygen, they merge haphazardly with unsaturated fats to form peroxides. These peroxides cause grave, irreversible

destruction to cells and the protective membrane linings that surround them. When escalating armies of free radicals overwhelm a person's antioxidant defenses their health begins to burn down.

With the unfolding of the potential nuclear disaster in Japan, and the consequent potential for weather-carried radiation exposure in North America and the rest of the northern hemisphere, many people are asking what they can do to protect themselves from radiation damage. While most people are aware of the use of iodine supplementation to protect the thyroid from radioactive iodine fallout, **most of the actual damage from radiation is due to runaway oxidative stress and consequent DNA damage**.

The iodine story is a special story for if we have enough of it in our thyroid and other glands the iodine 131 will not get into the thyroid in the first place so we are saved from all the runaway oxidative stress because the iodine just passes through and is removed as is usually the case with daily excessive iodine.

But if the radioactive iodine lodges in the thyroid then there is oxidative damage due to a combination of a high production of reactive oxygen species (ROS) from the radiation exposure while the radiation simultaneously causes a depression of the natural antioxidant systems (mostly the glutathione system and superoxide dismutase).

Iodine Emergency

The thyroid gland is the most affected since radioactive iodine (Iodine-131) binds to it, making supplemental non-radioactive iodine a key therapy in the case of nuclear radiation. The natural iodine will bind to the thyroid, blocking the radioactive iodine from binding to it. Experts and organizations tied to the nuclear industry have dismissed and ignored the consequences of nuclear catastrophes before and are doing the same with what is going on in Japan. It was only after 8 or 9 years after Chernobyl that the medical authorities began to finally admit the universal increase in cataracts among the population. The same occurred with thyroid cancer, leukemia and organic central nervous system disorders.

Some absorption of iodine through the skin appears to take place, although the vast majority of what is applied evaporates before being

absorbed[1] so if you choose this route and cannot get an oral form of iodine paint the skin repeatedly. Tincture of iodine painted directly on the thyroid does reduce the ensuing uptake of the radiotracer I131 at 24 hours, implying that some of the topical iodine does reach the thyroid tissue.[2] Tincture of iodine that are applied through the skin will obviously not have the same emergency effect as a massive oral bolus dose of 130 mg of KI in reducing absorption of radioactive I-131.

People diagnosed with hypothyroidism are identified to have low levels of iodine.

Globally, a large percentage of the world's population is affected by iodine deficiency disorders. Iodine-rich diets and iodinization of salt around the world has reduced the prevalence of endemic goiters but it does not provide anywhere near enough iodine for full thyroid sufficiency, meaning the program offers no protection from radioactive iodine whatsoever.

In the United States, as well as around the world, the most vulnerable populations to the consequences of iodine deficiency are pregnant women and children. Maintaining adequate iodine status while avoiding acute exposure to large doses of iodine may be the most effective means of lessening iodine-related diseases.

Potassium iodide (also called KI) is a salt of stable (not radioactive) iodine. Iodine is an important chemical needed by the body to make thyroid hormones. Following a radiological or nuclear event, radioactive iodine is released into the air and then is breathed into the lungs and taken up with contaminated foods. Radioactive iodine may also contaminate the local food supply and get into the body through food or through drink. In the case of internal contamination

with radioactive iodine, the thyroid gland quickly absorbs this chemical.

Radioactive iodine absorbed by the thyroid, which then injures the gland. Because non-radioactive iodine acts to block radioactive iodine from being taken into the thyroid gland, it protects the thyroid from injury.

The standard for the government's recommendation for iodine is obscenely low. The recommended amount for adults is about 150 micrograms per day while children need between 70 and 150 micrograms. Pregnant women need only 175 micrograms per day, while lactating women need 200 micrograms per day. All this is somewhat highlighted by the fact that the recommended emergency dosage is thousand times higher—at 125 milligrams. The average daily intake in Japan is known to be 12.5 milligrams—much higher than American or European citizens' intake.

Pregnant women should not supplement with excessive amounts of iodine meaning they should not even think of taking the government's recommended 130mg pulse dose for radioactive iodine emergencies. Iodine dosages that are too high can cause congenital hypothyroidism for the unborn so one has to be extra careful and sensitive and avoid these standard one-time doses. Instead of waiting until it's too late, which it would be by the time the government gives in and full recognizes the heath threat, begin lower level dosages anywhere between 12 and 50 milligrams a day.

A gradual administration aiming toward full repletion of iodine levels for pregnant women is suggested to avoid any complications in the unborn. One has to weigh and judge the relative dangers for any

iodine deficiency in the pregnant woman will leave both fetus and mother vulnerable to radioactive iodine absorption.

Dr. David Brownstein has a U.S. medical practice dealing primarily with thyroid patients. He has been quite successful treating hypothyroidism and hyperthyroidism with the iodine/iodide supplement Iodoral that is available over the Internet without prescription. Dr. Brownstein believes that the usual thyroid medication prescribed by doctors is the wrong treatment because it does not deal with the underlying iodine deficiency problem.

When asked can those with Hashimoto's or Graves' disease take iodine? Dr. David Brownstein responded:

> Research has shown that both Hashimoto's and Graves' disease are caused, in part, from low iodine. In fact, nearly every new patient with either a diagnosis of Hashimoto's or Graves' disease has tested significantly low for iodine. My experience has shown that the vast majority of patients suffering with these illnesses improve their condition when iodine deficiency is rectified. However, some people (including those with and without Hashimoto's and Graves' disease) may have problems with iodine supplementation. Of course, there can be an adverse effect to anything, iodine included. The best results with iodine supplementation occur in those that have their levels checked and are followed by a healthcare provider who is knowledgeable about iodine. Furthermore, iodine supplementation works better when used as part of a complete holistic treatment regimen.
>
> The best results obtained with iodine are seen in those who use it for the long-term. Over the last 30 years, due to the

> toxic world we live in, our iodine requirements have markedly increased. This is due to the increasing amounts of toxic halides bromide, fluoride and chlorine that have permeated our food supply and our consumer goods. If we maintain iodine sufficiency, we will not have to worry about radiation clouds from Japan. How much iodine is required to maintain body sufficiency? My experience has shown that for most adults, 6-50 mg/day will achieve sufficiency. However, there may be some people who need more and some who need less. Remember, it is best to work with a healthcare provider knowledgeable about iodine. He/she can test your levels and make the appropriate recommendations. Children need iodine just as adults need it. However, children need lower doses. They need to be dosed down for their size. A good rule of thumb for children is 0.08mg I/pound. I am not suggesting that anyone supplement a child without seeking care from their health care provider (that also holds for adults).

In Brownstein's fourth post about the Japanese nuclear disaster he said:

> First, I have to give credit to the U.S. government for suggesting that U.S. citizens move further away (50 miles) from the radiation danger. This action would serve to verify the severity of the crises. I believe this crisis should highlight the need for each of us to take a more active role in our own health care decisions. It is important to take the proper steps to achieve your optimal health before a crisis arises. Many times these steps include eating a healthy diet and taking the correct supplements. **My experience has shown that**

ensuring an adequate iodine level is one piece of the puzzle to obtaining your optimal health.

If the Japanese are not able to control the nuclear reaction that is occurring a true nuclear meltdown will occur. What will that mean to us? A nuclear meltdown could cause a large radiation cloud to leave Japan and deposit radiation over the U.S. However, that has not occurred yet. If that occurs, it is important to take precautions including ensuring that you and your family are taking iodine.

Here is how it works. Iodine binds to receptors throughout the body. For example, there are receptors for iodine in the thyroid gland. When iodine binds to its receptors, thyroid hormone is produced. Individuals who are iodine deficient suffer the majority of problems when exposed to radioactive iodine. In these people, radioactive iodine will bind to wherever there are open or empty iodine receptors. After radioactive iodine binds to these receptors, the surrounding tissue will be destroyed due to the radioactive iodine. Furthermore, it will damage the DNA of the surrounding cells. Damaged DNA is one cause of cancer.

Which tissues bind iodine? The largest concentration of iodine occurs in the thyroid gland. However, the largest amount of iodine is found in the fat tissue. Large concentrations of iodine are also found in many other tissues including the breast, ovary, uterus, and prostate. If radioactive iodine binds to any of these sites, it will destroy surrounding tissue and potentially damage DNA. This can lead to long-term problems such as cancer of these tissues. It

is important to keep in mind that every cell needs and utilizes iodine. Therefore, radioactive iodine exposure can have a dramatic effect on the body.

Exposure to radiation is cumulative. That means any exposure to ionizing radiation builds up in the body over time. We should all strive to minimize exposure to radiation. Some forms or radiation are unavoidable such as normal background radiation. However, radioactive iodine emitted from a nuclear disaster in Japan (or anywhere else) is largely avoidable if your body is iodine sufficient. If your body has enough iodine binding to its receptors in the thyroid, breasts, ovaries, etc., then the radioactive iodine has nowhere to bind. That is why it is so important to have your iodine levels checked before a disaster such as this occurs. If you are iodine deficient, you can rectify this problem by simply taking iodine.

Due to our exposure to so many toxic items that inhibit or block iodine utilization in the body--fluoride, bromide and chlorine--our body's need for iodine has dramatically increased over the last 30 years. My experience has shown that milligram amounts of iodine are necessary for achieving whole-body iodine sufficiency. In fact, any iodine supplementation program should strive for whole body iodine sufficiency, not just thyroid sufficiency.

How much iodine is needed to achieve whole-body iodine sufficiency? My clinical experience has clearly shown that milligram amounts of iodine are needed to achieve whole-

body sufficiency. These amounts can vary between 6-50 mg/day for most people. Some may need more, some less.

There is no doubt that the radiation cloud from Japan will pass over the U.S. This radiation exposure is a potential health risk. How much iodine should you take to ensure that your body will not absorb radioactive iodine? Without proper testing, it is impossible to say what dose is perfect for everybody. However, I have recommended that adults take 12-14 mg/day of a combination of iodine and iodide. That amount will prevent nearly 95% of radioactive iodine from binding to the thyroid gland and still leave other amounts of iodine available for the rest of the body's need. Children will need smaller amounts. You can dose a child down for his/her size. A general rule of thumb for children is 0.08 mg I/pound of body weight. If a newborn is breastfeeding, they do not need iodine supplementation if the mother is iodine sufficient. Iodine can be excreted in the breast milk.

I generally recommend either Lugol's iodine, Iodoral (from Optimox) or Optizyme Hp (from Biotics). Lugol's iodine dosage is 2 drops per day (12.5 mg) or 1 tablet of each of either Iodoral or Optizyme HP (both products are 12.5 mg/ tablets). When should people begin iodine supplementation? At this point, with the disaster still progressing, I would say it is time to begin supplementation with iodine.

The company I linked to for Lugol's above ships from South America to international locations and reports adequate stock levels as of the date of this publication at the end of March 2011.

Radiation in American Milk

More bad news for people in the northern hemisphere. The Environmental Protection Agency and the Food and Drug Administration say that radiation levels of radioactive iodine-131 has turned up in a sample of milk from Washington State. But federal officials say consumers should not worry. The dosages set by the FDA, including levels set for infants and children have not been breached by a long shot. So don't worry! Drink your slightly contaminated milk!

The government is not calculating the fact that 95 percent of Americans are iodine deficient making them much more vulnerable to thyroid poisoning from the iodine-131. Medical and health officials are out to lunch, asleep the switch or are just playing cards or baseball it seems. It certainly is obvious that they are not paying attention to the real medical situation and how to respond to it. Nothing they say in the press leads us to believe that they know what they are doing or that they will protect our families and children.

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[1] Nyiri W, Jannitti M. About the fate of free iodine upon application to the unbroken animal skin. An experimental study. *J Pharmacd Exp Ther*. 1932;45:85-10

[2] Miller KL, Coen PE, et al. Effectiveness of skin absorption of tincture of I in blocking radioiodine from the human thyroid gland. *Health Phys*. 1989;56:911-914

Fluoride in the Age of Radioactivity is Insane

Fluoridated Water—The Ultimate Evil

On Jan 7, 2011, the US Department of Health & Human Services (HHS) proposed lowering the recommended level used in the water fluoridation program to 0.7 ppm, because of the very high incidence of dental fluorosis among American children. 41% of ALL American children aged 12-15 are now impacted by this condition.

The late Dr. Geoffrey E. Smith wrote:

> "There are studies that show a reduction in the loss of the radioactive calcium from the skeleton of patients receiving fluoride. It seemed that the fluoride 'locked' the radioactive calcium into the skeleton – presumably because the normal

processes of resorption were disturbed. The implications of this study were profound.

"If fluoride could 'lock' radioactive calcium into the skeleton, and strontium could interchange with calcium in the crystal lattice, then it seemed logical to assume that fluoride could 'lock' Strontium-90 into the bones for an undue length of time. We searched the medical literature and discovered there is nothing new under the sun. In February 1958 an American, Dr. James G. Kerwin of the Department of Health, Passaic, New Jersey, published an article in the Dental Digest 17 entitled:

"Possible Biological Hazards of Strontium-90 and Fluoridation."

In the paper, Kerwin argued quite convincingly that, **"If more fluoride is taken in, strontium-90 will be retained within the bones and soft tissues longer than usual, and the body will thus be exposed to that much more internal radiation.**"

Sodium fluoride is ***commonly used as a rat poison*** *Globalists and eugenicists have decided to add it to water supplies with the message to the public that it is good for teeth, despite warnings from the ADA stating that young children risk a disease called dental fluorosis.*

Finally, after decades of ignoring the research about the dangers and hailing water fluoridation as one of the 10 greatest health achievements of the 20th Century (CDC), the government is calling

for a reduction in the amount of fluoride it adds to public water supplies, citing its negative effect on teeth (dental fluorosis). For the first time since 1962, the standard for fluoride will be lowered from 1.2 to 0.7 milligrams per liter. Meaning they know its dangerous and so should you.

This very compound, often used to fluoridate water, is often not simply sodium fluoride, but a mix of toxic waste byproduct [see chart for hydrofluosilicic acid] created in the process of scrubbing phosphate fertilizer plants and in other high industry applications, such as aluminum. At the same time, hundreds of other chemicals including many toxic ingredients like lead, arsenic, radium and uranium are also found in public drinking water. This leads to a dangerous and unpredictable cocktail that can ruin the life of your children.

It is now finally being recognized that Americans and other people who are exposed to fluoridated water in other countries are getting too much fluoride because of its presence not just in drinking water but in toothpaste, mouthwash and other products, and it's causing splotches on children's teeth and perhaps more serious problems.

Thus the U.S. Department of Health and Human Services announced plans in January of 2011 to finally lower the recommended level of fluoride in drinking water for the first time in nearly 50 years, based on a fresh review of the science. If they were really honest they would call for a complete abandonment of fluoride not only in drinking water but in all other products most especially fluoride found in toothpaste.

An August 2006 Chinese study found that fluoride in drinking water damages children's liver and kidney functions. Humane pediatricians

will do everything they can to protect the children, through appropriate filtration recommendations, that their young patients remain as free as possible from this terrible poison.

Water actually is a battleground between good and evil and we see this in the fluoridation issue. One cannot understand the universe of water without grappling with poisonous fluoride and its government-mandated entry into public water supplies in the United States, Brazil, and several other countries that have stupidly followed America's lead in water fluoridation. Just because it's invisible does not make it any less deadly in the long haul in terms of public health. I just had to say that because most people in fluoridated countries just don't mind that it is there; it's simply off their radar screens. And in fact, when you go back to the history and beginning of water fluoridation, we find out that it was the Nazis who used it first to turn their prisoners of war into passive sheep.

Fluoride is a poison, but that is nothing to worry about since, according to allopathic medicine, everything is poisonous and it is the dose that makes the poison. At the heart of medical science though is a cankerous black hole of ugliness that leads right to the

door of the American, German, and English governments (just to name the principles), along with the elite families and corporations that have come to control these governments in the last century. These controlling self-interested parties can barely be called human; they have been correctly labeled by all kinds of horrid names and have forever been a part of and hidden by secret societies. And they have all kinds of people who have sold their souls to those who do their bidding and call it science.

Fluoride was used by Nazis to sterilize inmates and make them docile. Fluoride a key dumbing-down ingredient of Prozac and Sarin nerve gas and many other medications.

When it comes to water fluoridation we have to take off our gloves, but that is hard for most of us because we have been heavily fluoridated. And of course no one has done any studies of the neurological effects of fluoride when combined with mercury exposure, which varies widely from one person to another depending on where they live and their vaccine and dental history.

> "One aspect of the issue of Man's alleged evil nature is rarely, if ever, addressed. This is the wholesale poisoning of Mankind and its affect on the brain and behavior of Mankind. Man's food, water, and air (smog, chemtrails) are ever more poisoned. Our medicines are toxic and may be causing more harm than good, our dental fillings are called 'silver' yet are over half mercury; likewise our infants are forced to have vaccinations also with mercury and other toxins. The proven carcinogen fluoride is added to water and is in many medicines and toothpastes. The German Nazi regime is said

> to have fluoridated water because it made people docile. Is the same rationale ongoing in the USA? In a ludicrous 'environmental' change, incandescent bulbs are soon to be phased out and replaced with more efficient fluorescent bulbs that all have mercury within them?! All the toxins in the food, water, air, medicines, fillings, and vaccines have a terrible effect on people's brains. Few people can truly think and change, or have the courage to act. These toxins also cause much chronic, degenerative illness, cancer, etc. The mercury in vaccines does cause autism," writes the anonymous physicist.

Twin Toxic Dangers of Mercury and Fluoride

I have always liked all my dentists, trusting their competence more than doctors, but when I began to understand the twin dangers of fluoride and dental mercury amalgam I began to see that the entire profession has been duped, and that goes for most graduates of medical school. We first-world people like to think that our universities and medical schools are centers of higher learning and intelligence, but the fact is that they are intense conditioning machines that forcefully mind shape the brains of their vulnerable students who start out with good intentions.

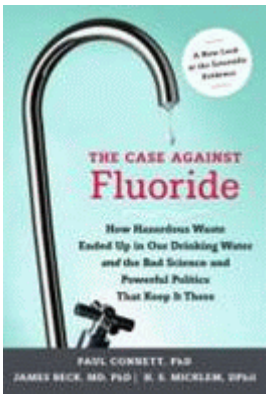
Fluoride is a toxic poison that has known serious side effects.

In my book *The Terror of Pediatric Medicine* I write about the terror of mercury in vaccines and the incredible fact that our beloved pediatricians in white coats are actually the worst kind of terrorists because they concentrate their dark intentions on newborns and

little children. I mention this because here in this chapter, before we really get into any serious science about fluoride, we also have to mention the abomination of adding fluoride to toothpaste and again exposing children to its toxic profile.

Scientific evidence over the past 50 plus years has shown that sodium fluoride shortens our life span, promotes various cancers and mental disturbances, and most importantly, makes humans stupid, docile, and subservient, all in one neat little package.

In 1993 I helped start the *Medical Veritas* medical journal and in one of its first issues was Dr. Paul Connett's essay, *Fifty Reasons To Be Against Fluoridation*. Unfortunately, and in part due to fluoridation and our increasing mercury exposure it is hard for us humans to be effectively against anything so the horror goes on, yet people like Dr. Connett fight on. He has now published:



The Case Against Fluoride: how hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there, by Connett P, Beck J, and Micklem HS, summarizes the historical, political, ethical, toxicological, and epidemiological

scientific data behind water fluoridation. The book concludes that, if proposed today, fluoridation of drinking water to prevent tooth decay would stand virtually no chance of being adopted, given the current status of scientific knowledge.

In the case of water fluoridation, according to the above authors, **the chemicals that go into the drinking water that more than 180 million people drink each day in the United States are not even pharmaceutical grade, but rather a hazardous waste product of the phosphate fertilizer industry**. It is illegal to dump this waste into the sea or local surface water, and yet it is allowed in our drinking water. To make matters worse, this program receives no oversight from the Food and Drug Administration, and the Environmental Protection Agency takes no responsibility for the practice. And from an ethical standpoint, say the authors, water fluoridation is a bad medical practice; individuals are being forced to take medication without their informed consent; there is no control over the dose and no monitoring of possible side effects.

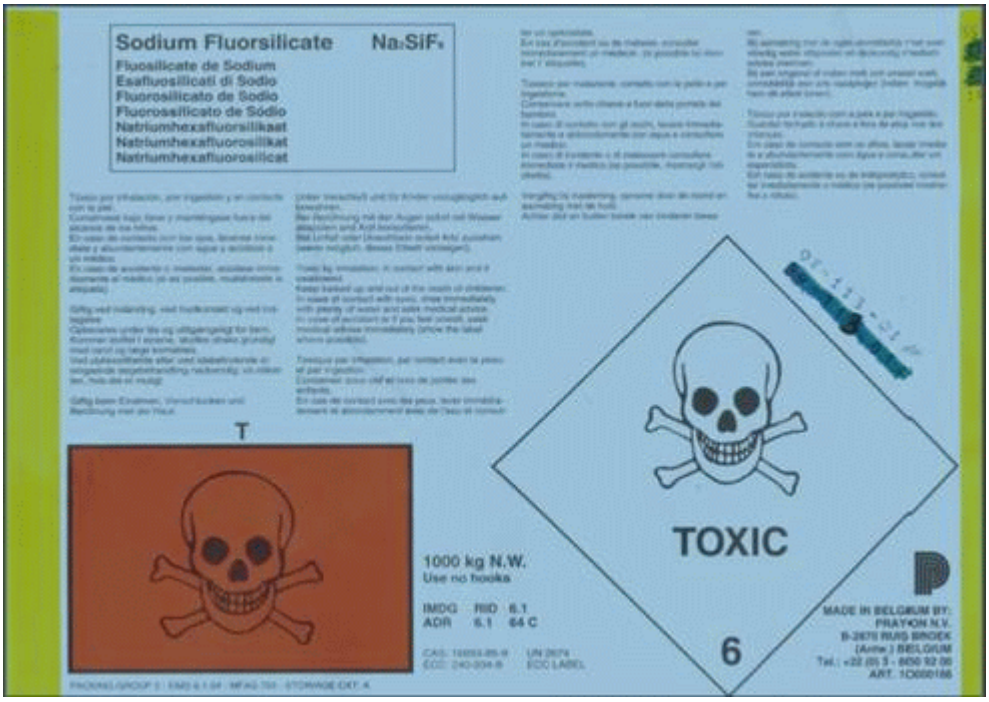
Acute high oral exposure to fluoride may lead
to nausea, vomiting abdominal pain, diarrhea,
drowsiness, headaches, polyuria and
polydipsia, coma, convulsions, cardiac arrest,
and death.

Historically, fluoride was quite expensive for the world's premier chemical companies to dispose of, but in the 50s and 60s, Alcoa and the entire aluminum industry—with a vast overabundance of the toxic waste—somehow sold the FDA and our government on the insane (but highly profitable) idea of buying this poison and then

injecting it into our water supply as well as into the nation's toothpastes and dental rinses. Consider also that when sodium fluoride is injected into our drinking water, its level is approximately one part-per-million (ppm), but since we only drink one-half of one percent of the total water supply, the hazardous chemical literally "goes down the drain" and voila—the chemical industry not only has a free hazardous waste disposal system, but we have also paid them with our health and our pocketbooks for the process.

The aluminum and phosphate fertilizer industries were not alone. The American government's atomic weapons program was also producing huge amounts of fluoride and was getting sued by famers for the damage done to their cattle.

In part one of *The Case Against Fluoride*, "The Ethical and General Arguments Against Fluoridation":The requirement for the informed consent of the patient before administration of a medication is a basic human right. Yet with fluoride, which is added to drinking water as a therapeutic intervention, **no such permission is sought or given**. **The process is enforced on every member of the population**. The authors explore this fact in the context of medical ethics. Another aspect is the efficacy of fluoridation as a therapy, which, the authors argue, is marginal at best and deleterious at worst. The fluoride used for water fluoridation is not of pharmaceutical grade, but is in fact a chemical waste byproduct. The lack of any rigorous studies as to the efficacy of fluoridation programs, the authors contend, means that the whole process is experimental. There is no control of "dose"—how much fluoride anyone receives from the water.



Christopher Bryson's widely acclaimed book *The Fluoride Deception* includes dozens of peer-reviewed studies showing that sodium fluoride is a deadly neurotoxin that attacks the central nervous system and leads to a multitude of serious health problems. This fact has been covered up by a collusion of government and industry who have reaped financial windfalls while illegally mass medicating the public against their will.

Perhaps the most notable study was conducted by Dr. Phyllis Mullenix, Ph.D., a highly respected pharmacologist and toxicologist, who, in a 1995 Forsyth Research Institute study, found that rats who had fluoride added to their diet exhibited abnormal behavioral traits.

A 2008 *Scientific American* report concluded that "Scientific attitudes toward fluoridation may be starting to shift" as new evidence emerges of the poison's link to disorders affecting teeth, bones, the brain, and the thyroid gland, as well as lowering IQ. "Today almost 60 percent of the U.S. population drinks fluoridated

water, including residents of 46 of the nation's 50 largest cities," reported Scientific American's Dan Fagin, an award-winning environmental reporter and Director of New York University's Science, Health, and Environmental Reporting Program.

The *Scientific American* study "**concluded that fluoride can subtly alter endocrine function, especially in the thyroid**."

"In summary, evidence of several types indicates that fluoride affects normal endocrine function or response; the effects of the fluoride-induced changes vary in degree and kind in different individuals. **Fluoride is therefore an endocrine disruptor in the broad sense of altering normal endocrine function or response**, although probably not in the sense of mimicking a normal hormone. The mechanisms of action remain to be worked out and appear to include both direct and indirect mechanisms, for example, direct stimulation or inhibition of hormone secretion by interference with second messenger function, indirect stimulation or inhibition of hormone secretion by effects on things such as calcium balance, and inhibition of peripheral enzymes that are necessary for activation of the normal hormone" reports the National Research Council of the National Academies in a 2006report on page 266.

Fluoride is a thyroid poison and because so many are so heavily exposed, the need for iodine supplementation is vastly increased. There are actually four halogens: iodine, bromine, fluorine, and chlorine. All these halogens use the same receptors in the body. Therefore if a person's diet is deficient in iodine the iodine receptors in the thyroid and stomach, for example, may fill up with bromine, which is common in grains, bleached flour, sodas, nuts, and oils as well as several plant foods. Iodine is depleted by bromine, which is used as a spray on fruits and vegetables, in baked goods, as a fumigant, and in Prozac, Paxil, and many other pharmaceutical drugs. Chlorine, fluorine, and fluoride are chemically related to iodine, and compete with it, blocking iodine receptors in the thyroid gland.

Dr. David Brownstein says that fluoride inhibits the ability of the thyroid gland to concentrate iodine, and research has shown that **fluoride is much more toxic to the body when there is iodine deficiency present.** When iodine is supplemented, the excretion rate of the toxic halides bromide, fluoride, and perchlorate is greatly enhanced. Brownstein says that after only one dose of iodine, the excretion of fluoride increased by 78% and this is very important for those who are drinking fluoridated water or taking medicines with fluoride in them; bromide excretion rates increased by 50%.

Halogen Poisons

Iodine forms compounds with many elements but is less reactive than the other members of the halogens group and has some metallic light reflectance. There is a well-known law of halogen displacement: the critical activity of any one of these four halogens is in inverse proportion to its atomic weight.

The mechanism behind “halogen displacement” was probably best described by J. C. Jarvis, M.D. (*Folk Medicine*, Henry Holt & Co., 1958, HB, p. 136), who wrote: “The clinical activity of any one of these four halogens is in inverse proportion to its atomic weight. This means that any one of the four can displace the element with a higher atomic weight, but cannot displace an element with a lower atomic weight. For example, fluorine can displace chlorine, bromine, and iodine because fluorine has a lower atomic weight than the other three. Similarly, chlorine can displace bromine and iodine because they both have a higher atomic weight.” Likewise, bromine can displace iodine from the body because iodine has a higher atomic weight. A reverse order is not possible.

Fluoride and Cancer

In 2005, a study conducted at the Harvard School of Dental Health found that fluoride in tap water directly contributes to causing bone cancer in young boys.“New American research suggests that boys

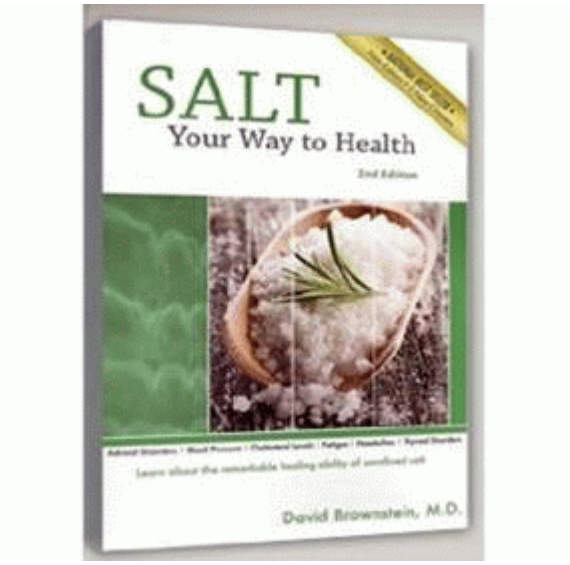
exposed to fluoride between the ages of five and 10 will suffer an increased rate of osteosarcoma—bone cancer—between the ages of 10 and 19," according to a London Observer article about the study.

Based on the findings of the study, the respected Environmental Working Group lobbied to have fluoride in tap water be added to the U.S. government's classified list of substances known or anticipated to cause cancer in humans. Cancer rates in the U.S. have skyrocketed with one in three people now contracting the disease at some stage in their life.

The link to bone cancer has also been discovered by other scientists. A controversy ensued after it emerged that Harvard Professor Chester Douglass, who downplayed the connection in his final report, was in fact editor-in-chief of *The Colgate Oral Health Report*, a quarterly newsletter funded by Colgate-Palmolive Co., which makes fluoridated toothpaste.

Table Salt – Poison Salt

Let's consider the qualities of commercially available table salt. It is obvious in the Brazilian study from the previous chapter that no attention was paid to the dangerous and damaging effects that the salt itself might be having on the population. It is possible that the salt, not the iodine, led to increases in the prevalence of CAT and hypothyroidismin subjects genetically predisposed to thyroid autoimmune diseases. After all, refined salt is highly-processed—bleached, filtered, and stripped of other naturally occurring trace minerals. After this processing, chemicals are added to keep the salt from absorbing water and clumping up, and it is often iodized.



Dr. David Brownstein weighs in heavily on this matter saying:

> Nobody makes a distinction between unrefined and refined salt. They "lump" all salt together as a bad substance. This is a terrible mistake. There are two forms of salt available in the market place: refined and unrefined. Refined salt has had its

> minerals removed and has been bleached to give it the white appearance that we are accustomed to seeing with salt. It is the fine, white salt that is available at almost any restaurant or grocery store. Refined salt has been bleached and exposed to many toxic chemicals in order to get it to its final product. It has aluminum, ferrocyanide and bleach in it. I believe this refining process has made it a toxic, devitalized substance that needs to be avoided.
>
> Unrefined salt, on the other hand," Brownstein continues, "has not been put through a harsh chemical process. It contains the natural minerals that were originally part of the product. Its mineral content gives it a distinct color. The colors of unrefined salt can vary depending on where it is taken from. This is due to the changing mineral content of the various brands of salt. It is the minerals in unrefined salt that provide all the benefits of this product. The minerals supply the body with over 80 trace elements needed to maintain and sustain health. Furthermore, the minerals elevate the pH (correct acidity) and lower blood pressure. Our maker gave us salt to use in our diet—unrefined salt—with its full complement of minerals. It should be the salt of choice. It is a vital ingredient that needs to be part of everyone's diet.

All salt came from the ocean at one time, and like other elements from the sea such as magnesium chloride, there are varying degrees of purity as well as concentration. Just because a salt is labeled as sea salt does not mean that it is unrefined or that it is in any way better than "regular" table salt. Both sea salt (found in the grocery store) and table salt are practically 99.9 percent sodium chloride with virtually all the sea minerals processed out. Most salts labeled "sea

salt" are refined salts. How do you tell? You have to look at the color. If it has some color to it (other than white), it is probably unrefined. White salt is actually a slow-acting poison for it is not complete; it is not as nature intended so it will cause problems and wreak havoc in one's health.

Our bodies need only 250 mg of sodium each day in order to flush our cells, maintain a balance of fluid, regulate the circulatory system, and maintain normal nerve impulses. Sodium and chloride are essential to the body. Instead of getting only 250 mg per day, most people are consuming 4,000-10,000 mg per day in diet sodas, hamburgers, eggs, frozen dinners, bottled veggie juices (V8), and chips just to name a few. As well as being addictive and a cause of high blood pressure, table salt promotes diseases such as obesity, hypertension, coronary heart disease, myocardial infarction, angina pectoris, stroke, congestive heart failure, kidney failure, PMS, and manic-depression. Processed foods have very high levels of salt, and a diet high in salt actually leads to salt dependence by your body. This is why you crave salty foods—just like a smoker craves the nicotine in a cigarette.

Dr. Brownstein says, "Years ago salt manufacturers decided that pure white salt is prettier than off-white salt and that consumers prefer pretty white salt. So they started bleaching it. They also added anti-clumping agents to increase its shelf life. The problem is that the chemicals added to keep salt from absorbing moisture on the shelf interfere with one of salt's main functions: to regulate hydration in your body. **The sodium chloride in table salt is highly concentrated, denatured, and toxic to your body.** Ever put salt on an open cut? It burns!!! Refined salt has the same effect on internal tissues and causes a negative reaction: your body retains

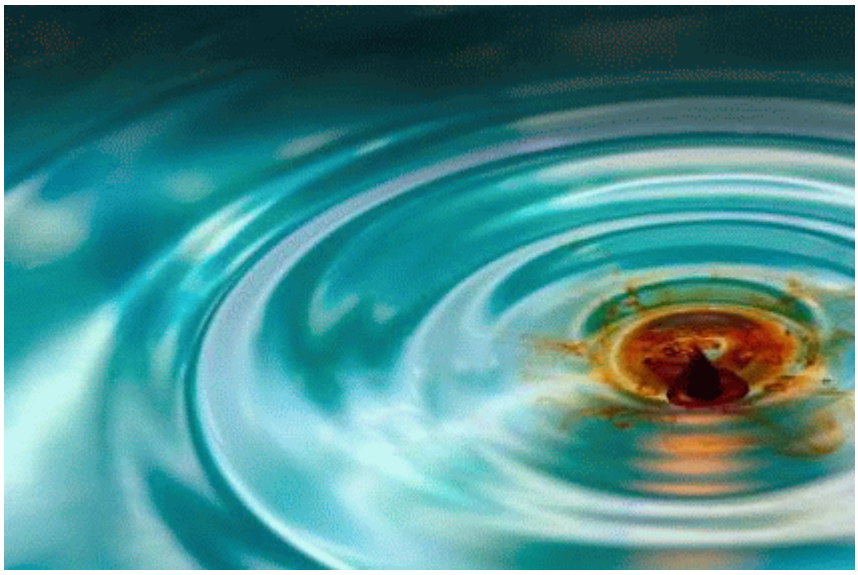
water to protect itself, and your cells release water to help dilute, neutralize, and break down the salt. This loss of water dehydrates and weakens your cells and can even cause them to die prematurely. **Natural sea salt is far superior to chemically-treated iodized table salts as it contains all 92 trace minerals, and it's only 84 percent sodium chloride while table salt is almost 98 percent.**

All this adds up to one thing. Table salt, whether marine or not, is toxic—it's poisonous to the body and is responsible, in great part, to the onset of many terrible diseases including thyroid and metabolic dysfunction.

Conclusion

Bottom line—we have to get smart in a big hurry—we need to understand the threat and what to do about it. It takes an education and is especially difficult to understand because professionals and medical officials are screaming from the sidelines telling us not to worry and that anyone who is saying different is not to be trusted. It's confusion all the way around so if you have been having difficulty scaling the heights to understanding about the need for detoxification and chelation of radioactive particles understand that your friendly government does not want you to understand and they certainly don't want the rank and file doctors to understand either.

Iodine Treats Disease on the Level of Cause



The role of iodine in the body goes far beyond its function of making thyroid hormones. Iodine is related to the ability to resist disease.

This book you have in your hands is a medical text about one of the most useful medicinal substances that exists. In fact just over a hundred years ago iodine was allopathic medicine's most universal medicine. Today many doctors are seeking alternatives and many alternative health care practitioners are in search of more powerful and safe ways of helping their clients. Iodine should satisfy everyone because it has the potential to help just about everyone who supplements with it. We all need iodine to survive; it is essential for human physiology so **our health is dependent on its presence in sufficient quantities**.

Iodine is not only necessary for the production of thyroid hormone; it is also responsible for the production of all the other hormones in the body.

- Dr. David Brownstein

Governments around the world recognized this many years ago and started putting iodine into salt. But they forgot to tell everyone that iodine is volatile and evaporates even when locked into a molecular form with sodium or potassium. So we start with a minuscule amount and lose more. The RDA and the amount put in salt is obscenely low—**severely inadequate for supplying of our body's need for iodine**. It is only enough to reduce the prevalence of goiter. This is a tragedy when you add the fact that fluoride and bromide are more toxic in iodine-deficient people. Though it was a good idea to put iodine in salt (at times iodine has been added to bread instead of the poison bromide), medical science and clinical experience demand we expose ourselves and our children to much more. Low microgram dosage does not cover our present and future needs for iodine and the sooner doctors and patients wake up to this fact the better.

Click On The Image To See The Video

Video of severe iodine deficiency in Indonesia and the lack of iodine in iodized salt.

Iodine can be used in many different ways depending on the presenting clinical situation. It can be taken orally, applied transdermally, vaporized in a nebulizer for application into the lungs, and used in douches. Iodine is not just a thyroid stimulator—it has many functions in the body and thus many uses in medicine. Because it kills most viruses, bacteria, fungus and yeasts on contact, one of its most important uses is as a broad-spectrum antibiotic, which is good news in our present age of ever-increasing drug-resistant supergerms. In my book, ***Winning the War on Cancer***, iodine is presented as a vital component to cancer treatment. It is absolutely vital for preventing and curing breast cancer and probably all forms of cancer would be diminished by its concentrated use.

Adequate iodine levels are necessary for proper immune system function.

- Dr. David Brownstein

Dr. David Brownstein says, “Of all the elements known so far to be essential for human health, iodine is the most misunderstood and the most feared. Yet, iodine is the safest of all the essential trace elements, being the only one that can be administered safely for long periods of time to large numbers of patients in daily amounts as high as 100,000 times the RDA.” Doctors and just about everyone else have overlooked iodine. The medical professions have forgotten about iodine these past 50 years and it is only since the turn of the century that it is having a revival.

I was shrinking tumors in the early 70s by using thousands of times the RDA on iodine. Iodine along with the proper essential fats and additional vitamins will fix just about any thyroid problem.

- Dr. H. Duffy Sr.

Iodine occupies the number-two spot in the IMVA protocol for cancer, infections, and a host of other acute and chronic clinical situations. In my book, ***Transdermal Magnesium Therapy***, we deal with the importance of magnesium chloride, which occupies the number-one slot in the protocol. Magnesium is even more fundamental to cell physiology then iodine. Our number-three heavyweight is ***Sodium Bicarbonate***[1] – *Beating Back Late Stage Infections*, another book of mine that deals with these basic emergency room substances.

Other major items in our lineup of “perfect medicines” are things like selenium, spirulina,

natural vitamin C, zinc, sodium thiosulfate, alpha lipoic acid, probiotics, the sun, pure water, glutathione and even clay.

Part of the treatment approach in this book is associated with how medicine is practiced in emergency rooms and intensive care wards. Iodine has always been an integral part of basic medicine. Hospitals and clinics just couldn't get along without it. In the emergency room medicines have to be safe while delivering an instant life saving burst of healing power. Obviously if they are safe and strong enough for emergency situations they are going to help us with chronic diseases and acute ones as well. It is more than interesting to note that these top three emergency and intensive care medicines are minerals.

Mineral therapy offers a hope for autistic children and their families, as well as the entire human race threatened with plagues of chronic and infectious diseases.

Minerals are the building blocks of our bodies. They are required for body structure, fluid balance, protein structures and hormone production. Minerals are a key for the health of every body system and function. They act as co-factors, catalysts or inhibitors of all enzymes in the body. For years the supplement market has been dominated by vitamins, but **vitamins and amino acids are useless without minerals** because all enzyme activities involve minerals. Minerals are very crucial for human health and the fact is today, we just do not get enough of them from our foods.

In mineral therapy we understand that certain minerals are both the cause (when deficient) and the cure of many diseases.

Minerals help with everyday body processes, reduce risk of certain cancers, strengthen muscles and tissues, and help develop organs and tissues as well as keeping them from deteriorating. Without minerals we would not be able to survive. They are essential for life and health; even happiness is dependent on them for nothing will cause depression quicker than a magnesium deficiency.

After we understand that iodine is an excellent antiviral, antibacterial, antifungal, and a mold and yeast agent, we begin to glimpse the catastrophic mistake made for substituting pharmaceutical antibiotics for iodine.

Minerals are needed to maintain the delicate cellular fluid balance, to form bone and blood cells, to provide for electrochemical nerve activity, and to regulate muscle tone and activity (including organ muscles like the heart, stomach, liver, etc.).

There is a definite relationship between the amount of energy you have and your iodine intake.

In the absence of certain trace minerals, various heavy metals are more likely to accumulate. Minerals create safety buffers against toxic metals. When minerals are consumed in proper ratios they have a profound effect on human health. Minerals provide the spark for many of the body's cellular processes, keeping them running efficiently. Without these finely-tuned chemical reactions no organism can function. Inorganic mineral nutrients are also essential in the structural composition of hard and soft body tissues and are necessary in processes such as the action of enzyme systems, the contraction of muscles, nerve reactions and the clotting of blood.

Humans need a wide range of minerals to maintain good health and we need them in the right amounts and relationships to each other (co-action). Small variations in established minerals levels can cause pathological states to occur.

There is nothing the body cannot do when
given the right nutrients.

Certain minerals have special effects and can be used as powerful medical agents. The most alkaline mineral cesium is able to enter cancer cells. Its strong alkalinity causes the pH within the cell to rise to values of 8 or higher because it affects pH more than the weak acid (lactic acid) within the cancer cell. In the very alkaline state cancer cells can survive for only a few days or less depending on the degree of alkalinity present in the cell.

When you seek a new path to truth, you must
expect to find it blocked by expert opinion.
- Dr. Albert Guérard

The use of iodine in medicine is not alternative medicine. Iodine is a medicine, as potent a medicine as you ever might find except for magnesium chloride. Iodine does not treat symptoms, it treats disease on the level of cause. **Iodine does not cause problems in people, it cures them through the fulfillment of nutritional law.** Iodine is absolutely essential for human development and health and doctors who label iodine as dangerous or claim that there are not enough double-blind studies to support its use are hurting a lot of people in their ignorance.

Iodine is not a “standalone medicine that heals everything” but it is a central pillar upon which successful medical protocols rest. In the

right form iodine is every mother's cherished medicinal heavyweight because it can save a child where antibiotics, often today, will not. It certainly should be included in every cancer treatment program along with magnesium chloride. These two are the most crucial central pillars of a form of medicine that is safe, effective and affordable.

Warning and Caution: Iodine is a medicine and a potent and powerful one. There are different types and concentrations of iodine products for different uses. This book will discuss several of them. Because most doctors have forgotten about iodine, you cannot turn to them for help. Few healthcare practitioners are really knowledgeable about iodine so we have to learn for ourselves how to use this very commonly available substance. Some people are allergic to iodine, or so they are told, but most often it's just the wrong form of iodine. Sometimes there are heavy metal detox symptoms and sometimes thyroid reactions that have to be monitored. When using transdermal iodine one must monitor skin reactions, **which can be severe at times**. That said there is one form of iodine presented in this book, called Nascent, which is safe to give even to babies even at much higher doses than what's on the label for adults. When my children get sick it is the very first thing I reach for. I feel much more secure as a father and a doctor knowing I have iodine within reach at all times. The point here is you need to know iodine to use it and it always is good, when working on serious disorders, to have a health care practitioner with whom to consult.

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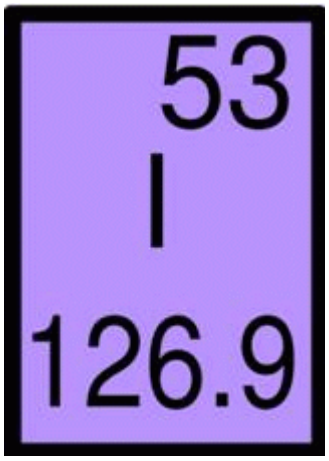
[1] The biggest concern about baking soda is the presence of aluminum. However aluminum is not added to baking soda, and Arm & Hammer deny its use. But it IS added to baking POWDER.

Baking soda and baking powder are two entirely different things, and used for different things. Sodium Bicarbonate, as we talk about it in medical applications, is pure baking soda…baking powder has other things added to it. So be sure to purchase the correct thing. Below is one brand that advertises being free from aluminum and its link to purchase. Bob's Red Mill, Aluminum Free, Baking Soda, Gluten Free, 16 oz (1 lb) 453g;

www.iherb.com/ProductDetails.aspx?c=1&pid=6226023434917756229

Iodine: Bring Back the Universal Nutrient Medicine



Medical textbooks contain several vital pieces of misinformation about the essential element Iodine, which may have caused more human misery and death than both world wars combined.

- Dr. Guy Abraham

The present situation in which we find ourselves demands that we quickly reengineer medicine, not only mainstream allopathic but all the branches and alternatives. Consciousness is just forming around the conclusion that more than the majority of humans today are suffering from chronic poisoning. It is not just the fact that the tide of toxic chemicals is rising and accumulating in our cells and bloodstreams, wreaking physiological, emotional and mental havoc, but there is also a sheer drop in the quality and quantity of key nutrients being consumed. Iodine is a perfect example—in today's world the last thing you want to be short on is iodine.

Iodine is detected in every organ and tissue in the body.

We might debate about the optimum dosage but we should find quick agreement that iodine is absolutely necessary for a healthy thyroid as well as healthy ovaries, breasts and prostate. Beside the greater risk for breast cancer in iodine deficient women, there is convincing evidence that iodine deficiency increases also the risk of thyroid cancer. These are just a few of the reasons to become interested in iodine. In an age of increasing toxic exposures we all need more not less iodine because it has very specific protective effects against several common poisons like fluoride, bromide, and to a lesser extent it helps eliminate lead and mercury from the body. Dr. Sebastiano Venturi, in *Evolution of Dietary Antioxidants: Role of Iodine*, makes it clear that iodine is a crucial antioxidant and apoptosis-inductor with anti-tumoral and anti-atherosclerotic activity. When we supplement with iodine we will see increased antioxidant activity[1] and immune system function.[2]

Iodine, Cancer and Fibrocystic Disease

Several studies have demonstrated a relationship between low iodine intake and fibrocystic breast disease (FBD), both in women and laboratory animals.[3]

The first thing that happens to a woman when she develops an iodine deficiency is a problem with her reproductive organs: breast deformation, and general calcification. Dr. David Derry said, “Lugol’s solution is an iodine-in-water solution used by the medical profession for 200 years. One drop (6.5 mg per drop) of Lugol’s daily in water, orange juice or milk will gradually eliminate the first phase

of the cancer development namely fibrocystic disease of the breast so no new cancers can start. It also will **kill abnormal cells floating around in the body** at remote sites from the original cancer. Of course this approach appears to work for prostate cancer as prostate cancer is similar to breast cancer in many respects. Indeed, it likely will help with most cancers. Also higher doses of iodine are required for inflammatory breast cancer. We know as well that large doses of intravenous iodine are harmless, which makes one wonder what effect this would have on cancer growth."

Because iodine deficiency results in increased iodine trapping by the thyroid, iodine deficient individuals of all ages are more susceptible to radiation-induced thyroid cancer.

Iodine plays a crucial role in the body's elimination system by inducing apoptosis, or what is called programmed cell death, and this is vital because this process is essential to growth and development and for destroying cells that represent a threat to the integrity of the organism, like cancer cells and cells infected with viruses.

Women with goiters (a visible, non-cancerous enlargement of the thyroid gland) owing to iodine deficiency have been found to have a three times greater incidence of breast cancer. A high intake of iodine is associated with a low incidence breast cancer, and a low intake with a high incidence of breast cancer.

- Dr. Donald Miller Jr.

Iodine is a very important primary nutrient in regards to people's health and healing. So essential is iodine for life that those who are deficient in it suffer from a wide variety of afflictions (including cancer) that are difficult to trace back to this trace mineral. Iodine used to be considered much more importantly, so much so that up until 20 years ago, it had been routinely added to bread as a supplement. "Just how likely is an iodine deficiency in cancer? In an in-house study, 60 cancer patients (various types) were given the iodine-loading test and then measured for urinary excretion. All 60 patients were found to be seriously deficient in body stores of iodine and some had great excesses of bromine. The best case excreted only 50 percent of the load and the worst excreted only 20 percent (that means they were retaining a very high 80 percent). Folks, these are some serious numbers. One hundred percent of these cancer sufferers were deficient in iodine! I assure you the problem is population wide," writes Dr. Robert Rowen.

> *60 million mainland Japanese consume a daily average of 13.8 mg of elemental iodine, and they are one of the healthiest nations based on overall wellbeing and cancer statistics.*[4]

Iodine is available in small amounts in some salts but health officials do not consider that most of the iodine evaporates while sitting on the kitchen table. In the United States 45 percent of American households buy salt without iodine and over the last three decades people who do use iodized table salt have decreased their consumption of it by 65 percent. Americans are consuming less iodine when in reality they need much more.

Iodine the Antiseptic and antiseptic of all time.
- Dr. David Derry

The antiseptic properties of iodine are used to sterilize every surface and material in hospitals. Iodine is an excellent microbicide with a broad range of action that includes almost all of the important health-related microorganisms, such as enteric bacteria, enteric viruses, bacterial viruses, fungi and protozoan cysts.[5] The minimum number of iodine molecules required to destroy one bacterium varies with the species. For H. influenzae it was calculated to be 15,000 molecules of iodine per cell. When bacteria are treated with iodine, the inorganic phosphate uptake and oxygen consumption by the cells immediately ceases. [6]

Though iodine kills all single-celled organisms such as these it is not exploited for internal use by modern-day physicians to combat internal infections, which of course is a great mistake. Dr. Derry says iodine is effective “for standard pathogens such as Staphylococcus, but also iodine has the broadest range of action, fewest side effects and no development of bacterial resistance.” Some doctors have reported that it is excellent for the treatment of mononucleosis.

Iodine is able to penetrate quickly through the cell walls of microorganisms.

Iodine is a deadly enemy of single cell microorganisms, thus it can be our best friend. Iodine was not available to these life forms at the beginning of evolution and it was not until seaweed concentrated it did it become involved in higher life forms. It is for this reason that the simplest level of life cannot tolerate iodine. Iodine kills single-celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't. As we shall see directly below, so powerful is iodine in a protective sense that it also helps us rid the body, not only of harmful chemicals and heavy metals, but also rids the body of abnormal cells meaning it qualifies as an anticancer agent.

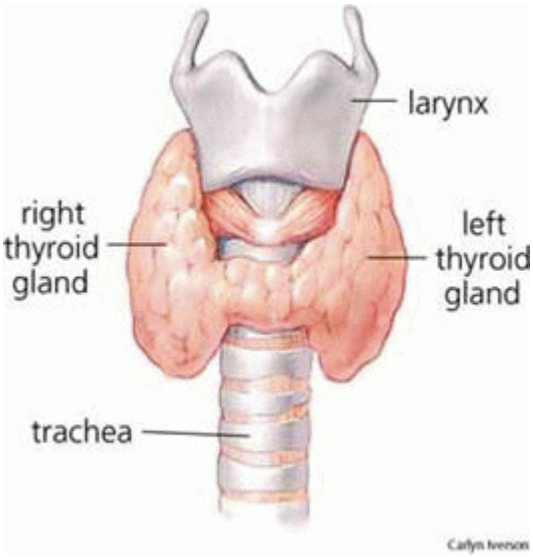
Elemental iodine is a potent germicide with a wide spectrum of activity and low toxicity to tissues. A solution containing 50 ppm iodine kills bacteria in one minute and spores in 15 minutes. It is poorly soluble in water but readily dissolves in ethanol, which enhances its antibacterial activity. Iodine tincture contains 2% iodine and 2.4% sodium iodide (NaI) dissolved in 50% ethanol; it is used as a skin disinfectant. Strong iodine tincture contains 7% iodine and 5% potassium iodide (KI) dissolved in 95% ethanol; it is more potent but also more irritating than tincture of iodine. Iodine solution contains 2% iodine and 2.4% NaI dissolved in aqueous solution; it is used as a nonirritant antiseptic on wounds and abrasions. Strong iodine

solution (Lugol's solution) contains 5% iodine and 10% KI in aqueous solution. Iodophores (e.g., povidone-iodine) are water-soluble combinations of iodine with detergents, wetting agents that are solubilizers, and other carriers. They slowly release iodine as an antimicrobial agent and are widely used as skin disinfectants, particularly before surgery.

Medical iodophobia has reached pandemic proportions. It is highly contagious and has wreaked havoc on the practice of medicine and on the U.S. population.

- Dr. Guy Abraham

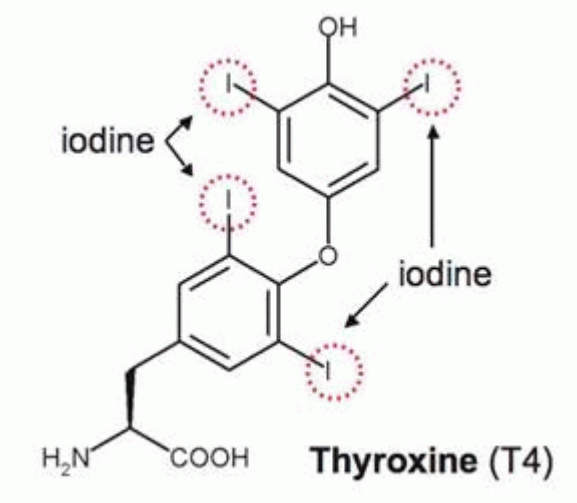
According to current W.H.O. statistics more than 3 billion people in the world live in iodine-deficient countries and it is known that deficiencies of selenium, vitamin A, and iron may exacerbate the effects of iodine deficiency. In the analysis of "National Health and Nutrition Examination Surveys" data, moderate to severe iodine deficiency is present now in a significant proportion of the U.S. population, with a clear increasing trend over the past 20 years, caused by reduced iodized table salt usage.[7] Along with magnesium and selenium, iodine is one of the most deficient minerals in our bodies. Iodine is essential for the synthesis of thyroid hormone, but selenium-dependent enzymes (iodothyronine deiodinases) are also required for the conversion of thyroxine (T4) to the biologically active thyroid hormone, triiodothyronine (T3). Selenium is the primary mineral responsible for T4 to T3 (thyroid hormones) conversion in the liver.



The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. The thyroid's job is to make thyroid hormone, which is secreted into the blood and then carried to every tissue in the body. Thyroid hormone is essential to help each cell in each tissue and organ to work right. For example, thyroid hormone helps the body use energy, stay warm, and keep the brain, heart, muscles, and other organs working as they should.

Selenium is absolutely essential in the age of mercury toxicity for it is the perfect antidote for mercury exposure. It is literally raining mercury all over the world but especially in the northern hemisphere. And of course with the dentists poisoning a world of patients with mercury dental amalgam and the doctors with their mercury-laden vaccines, selenium is more important than most of us can imagine. One must remember that mercury strips the body of selenium for the selenium stores get used up quickly because of its great affinity for mercury. Selenium deficiency impairs thyroid hormone metabolism by inhibiting the synthesis and activity of the iodothyronine deiodinases, which convert thyroxine (T4) to the more metabolically active 3,3'-5 triiodothyronine (T3). In rats, concurrent

selenium and iodine deficiency produces greater increases in thyroid weight and plasma thyrotrophin than iodine deficiency alone, indicating that a concurrent selenium deficiency could be a major determinant of the severity of iodine deficiency.[8]



Later studies showed that serum T4 was maintained at control levels when both dietary iodine and selenium were low, but not when iodine alone, or selenium alone, was low. Activity of thyroidal GSH-Px (erythrocyte glutathione peroxidase) was lowest in rats fed a diet containing high iodine and low selenium. The results suggested that high iodine intake when selenium is deficient may permit thyroid tissue damage as a result of low thyroidal GSH-Px activity during thyroid stimulation. A moderately low selenium intake normalized circulating T4 concentration in the presence of iodine deficiency. [9]

Adequate selenium nutritional status may help protect against some of the neurological effects of iodine deficiency. Researchers involved in the Supplementation en Vitamines et Mineraux AntioXydants (SU.VI.MAX) study in France, which was designed to assess the effect of vitamin and mineral supplements on chronic disease risk, evaluated the relationship between goiter and selenium in a subset of

this research population. Their findings suggest that selenium supplements may be protective against goiter.[10] Selenium (Se) in the form of selenocysteine is an essential component of the family of the detoxifying enzymes glutathione peroxidase (Gpx) and of the iodothyronine selenodeiodinases that catalyze the extrathyroidal production of tri-iodothyronine (T(3)). Thus, **Se deficiency may seriously influence the generation of free radicals, the conversion of thyroxine (T(4)) to T(3) and a thyroidal autoimmune process**.

Recent studies concluded that a positive effect of Se on thyroidal autoimmune process was shown[11] and indicated that high serum Se levels (>120 ug/l) may also influence the outcome of GD. (Graves disease).[12] A recent study testing the various dosages of selenium confirmed that doses greater than 100 mcg of selenium (as L-selenomethionine) were required to maximize glutathione peroxidase activities in autoimmune thyroiditis.[13]

Selenium is also essential for the production of estrogen sulfotranserfase, which is the enzyme that breaks down estrogen. A deficiency of selenium can thus lead to excessive amounts of estrogen, which may depress thyroid function, and also upset the progesterone-estrogen balance. Animal studies have shown that **the addition of selenium supplementation will alleviate the effects of excess iodine intake**.[14] Iodine and selenium deficiencies must both be resolved for iodine treatment to be effective.

> *Iodine is the agent that arouses (kindles) the flame of life and keeps it going. With the aid of our thyroid, in which the iodine is manifesting,*

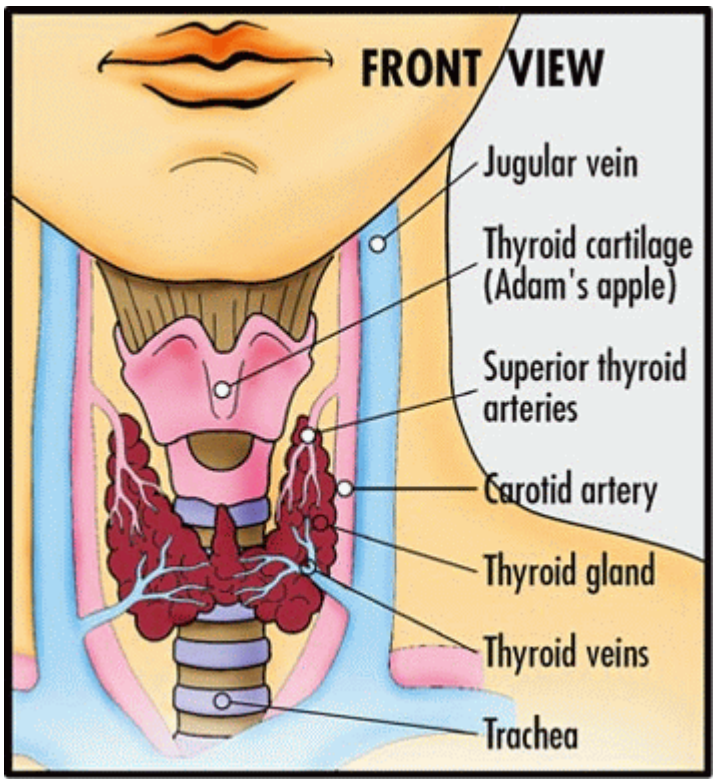
it can either damp this flame or kindle it to a dissolute fire.

- Scholz 1990

Symptoms of iodine deficiency includemuscle cramps, cold hands and feet, proneness to weight gain, poor memory, constipation, depression and headaches, edema, myalgia, weakness, dry skin, and brittle nails. Sources include most sea foods, (ocean fish, but not fresh fish, shellfish, especially oysters), unrefined sea salt, kelp and other seaweeds, fish broth, butter, pineapple, artichokes, asparagus, dark green vegetables and eggs. Certain vegetables, such as cabbage and spinach, can block iodine absorption when eaten raw or unfermented and are called goitrogens. Eating fish won't give you iodine in mg amounts. To get 13.8 mg iodine, you would have to eat 10-20 pounds of fish per day.[15]

Iodine is needed in microgram amounts for the thyroid, mg amounts for breast and other tissues, and can be used therapeutically in gram amounts.[16]

- Dr. David Miller

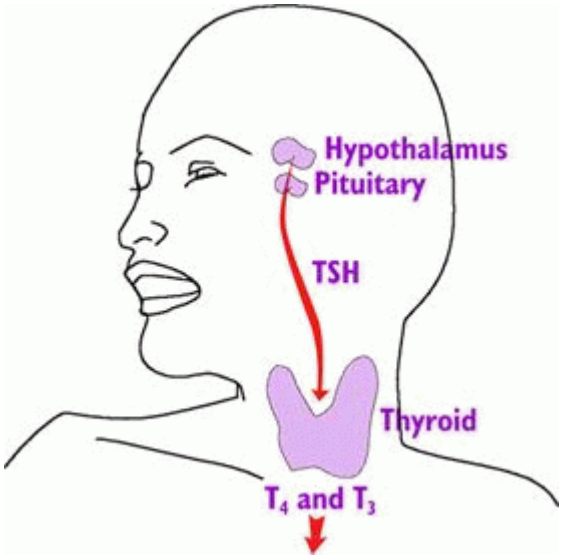


Inorganic non-radioactive iodine/iodide is an essential nutrient, not a drug. Therefore, the body has the metabolic mechanism for using inorganic iodine beneficially, effectively and safely. Iodine is as safe as magnesium chloride with a track record of 180 years of use in medicine. Published data confirms its safety even when used in pulmonary patients in amounts four orders of magnitude greater than the U.S. RDA.[17] When patients take between 12.5 and 50 mg of iodine per day, it seems that the body becomes increasingly more responsive to thyroid hormones.[18] Optimal intake of iodine in amounts two orders of magnitude greater than iodine levels needed for goiter control may be required for iodization of hormone receptors.[19]

Iodine helps us utilize our proteins properly. In all likelihood an iodine deficient person will remain protein deficient.

- Dr. Brice Vickery

Iodine is the essential ingredient in thyroid hormone synthesis. So if deficient, protein synthesis will be disturbed. Thyroid hormones have two major physiological effects. They increase protein synthesis in virtually every body tissue and increase oxygen consumption dependent upon Na+ -K+ ATPase (Na pump). The thyroid gland needs iodine to synthesize thyroxine (T4) and triiodothyronine (T3), hormones that regulate metabolism and steer growth and development. Thyroid hormones are essential for life as they regulate key biochemical reactions, especially protein synthesis and enzymatic activities, in target organs such as are the developing brain, muscle, heart, pituitary and kidney;[20] thus iodine is critically important to the developing fetus.



Iodine transport damage can be corrected, in part, by administration of reasonably high doses of ascorbic acid or more natural vitamin C.

The thyroid hormones are synthesized in the follicular cells of the thyroid. The first step to hormone synthesis is the import of iodide into the follicular cells. **Thyroid hormone regulates mitochondrial protein synthesis** through the stimulation of synthesis of mitochondrial protein synthesis modulators, and that the tissue-specific modulators (stimulatory in liver and inhibitory in kidney) can be produced by the hormone.[21] Whole body iodine sufficiency is a critical means to counter the side effects of thyroid hormone medications (Synthroid, etc.). Long-term use of these drugs is associated with depletion of thyroid and tissue iodine levels, as well as increased rates of cancer. All thyroid patients should be on iodine therapy.

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[1] Saker KE, Fike JH, Veit H, Ward DL (2004) Brown seaweed-(Tasco) treated conserved forage enhances antioxidant status and immune function in heat-stressed wether lambs. J Anim Physiol Anim Nutr (Berl). 88:122-30.

[2] Saker KE, Allen VG, Fontenot JP, Bagley CP, Ivy RL, Evans RR, Wester DB (2001) Tasco-Forage: II. Monocyte immune cell response and performance of beef steers grazing tall fescue treated with a seaweed extract. J Anim Sci 79:1022-31

[3] Ghent, W., et al, Can. J. Surg., 36:453-460,1993.
Eskin, B., et al, Biological Trace Element Research, 49:9-19, 1995.

[4] Abraham, G.E., The historical background of the iodine project. The Original Internist, 12(2):57-66, 2005.

[5] www.ispcorp.com/products/pharma/content/brochure/pvpiodine/antiact.html

Table 4: Microbiological Efficacy Activity of PVP-Iodine versus Bacteria, Yeasts and Molds, Actinomycetes and Rickettsia

ORGANISMS (NO. of STRAINS)	RANGE OF PVP-I IN ppm AVAILABLE IODINE	CONTACT OF KILL TIME IN SECONDS
Proteus (41)	100 - 2500	15 - 180
Staphylococcus (36)	66 - 2500	15 - 80
Pseudomonas (36)	25 - 2500	15 - 900
Streptococcus (25)	200 - 2500	15 - 30
Escherichia (23)	200 - 2500	30 - 120
Salmonells (9)	1000 - 2500	15 - 60
Candida (8)	3.75 - 2500	10 - 120

Serratia (6)	200 - 2500	60 - 120
Spores-Baccillus; Clostridium (6)	10000	2 - 5 Hours
Trichomomonas (5)	400 - 2500	30 - 60
Enterobacter (4)	1000 - 2500	60
Klebsiella (4)	500 - 2500	60
Clostridium (4)	1000	30 - 60
Shigella (3)	1000 - 2500	60
Corynebacterium (3)	2500	60
Diplococcus (3)	1000 - 2500	60
Mycobacterium (3)	1000 - 2500	60 - 120

Bacillus (3)	7.5 - 2500	10 - 30
Sarcina (2)	500 - 2500	60
Trichophyton (2)	1000	60
Aspergillus (2)	1000	30
Mima (1)	2500	60
Herella (1)	2500	60
Edwardsiella (1)	2500	60
Citrobacter (1)	2500	60
Providencia (1)	1000	60
Acienetobacter (1)	3.75	10
Epidermophyton (1)	1000	60

Microsporum (1)	1000	60
Pencillium (1)	1000	30
Nocardia (1)	2500	60

[6] STERILIZATION ACTION OF CHLORINE AND IODINE ON BACTERIA AND VIRUSES IN WATER SYSTEMS; JOHNS HOPKINS UNIV BALTIMORE MD SCHOOLOF HYGIENE AND PUBLIC HEALTH; Final rept. 1 Jul 1962-30 Jun 1966; stinet.dtic.mil/oai/oai?&verb=getRecord&metadataPrefix=html&identifier=AD0476804

[7] Hollowell JG, Staehling NW, Hannon WH, et al. (1998) Iodine nutrition in the United States. Trends and public health implications: iodine excretion data from National Health and Nutrition Examination Surveys I and III (1971-1974 and 1988-1994). J Clin Endocrinol Metab 83: 3401-3408

[8] The role of selenium in thyroid hormone metabolism and effects of selenium deficiency on thyroid hormone and iodine metabolism; Biol Trace Elem Res. 1992 Apr-Jun;33:37-42

[9] Dietary Iodine and Selenium Interact To Affect Thyroid Hormone Metabolism of Rats; The Journal of Nutrition Vol. 127 No. 6 June 1997, pp. 1214-1218

[10] Selenium Fact Sheet: ods.od.nih.gov/factsheets/selenium.asp#h5

[11] L-selenomethionine substitution suppresses serum concentrations of thyroid peroxidase antibody (TPOAb) in patients with AIT, but suppression requires doses higher than 100 microg/day which is sufficient to maximize glutathione peroxidase activities.

[12] Serum Selenium levels in patients with remission and relapse of Graves Disease; Wertenbruch T, et al; Med Chem. 2007 May;3(3):281-4.

[13] Selenium treatment in autoimmune thyroiditis: 9-month follow-up with variable doses. J Endocrinol. 2006 Jul;190(1):151-6. Entrez PubMed

[14] Selenium supplement alleviated the toxic effects of excessive iodine in mice. Biol Trace Elem Res. 2006 Summer;111(1-3):229-38

[15] The iodine content of most foods depends on the iodine content of the soil in which it was raised. Seafood is rich in iodine because marine animals can concentrate the iodine from seawater. Certain types of seaweed (e.g. wakame) are also very rich in iodine. Processed foods may contain slightly higher levels of iodine due to the addition of iodized salt or food additives, such as calcium iodate and potassium iodate. Dairy products are relatively good sources of iodine because iodine is commonly added to animal feed in the U.S. In the U.K. and northern Europe, iodine levels in dairy products tend to be lower in summer when cattle are allowed to graze in pastures with low soil iodine content. The table below lists the iodine content of some iodine-rich foods in micrograms (mcg). Because the iodine content of foods can vary considerably, these values should be considered approximate; lpi.oregonstate.edu/infocenter/minerals/iodine/

Food	Serving	Iodine (mcg)
Salt (iodized)	1 gram	77
Cod	3 ounces*	99
Shrimp	3 ounces	35
Fish sticks	2 fish sticks	35
Tuna, canned in oil	3 ounces (1/2 can)	17
Milk (cow's)	1 cup (8 fluid ounces)	56
Egg, boiled	1 large	29
Navy beans, cooked	1/2 cup	35
Potato with peel, baked	1 medium	63

Turkey breast, baked	3 ounces	34
Seaweed	1 ounce, dried	Variable; may be greater than 18,000 mcg (18 mg)

[16] Iodine Metabolism; iodine4health.com/overviews/clinicians/miller_clinician.htm

[17] The RDA limits for vitamins and minerals were established after World War II. One of the last essential elements included in the RDA system was iodine, established in 1980 and confirmed in 1989. The RDA for iodine was based on the amount of iodine/iodide needed to prevent goiter, extreme stupidity and hypothyroidism. The optimal requirement of the whole human body for iodine has never been studied. Therefore, the optimal amount of this element for physical and mental wellbeing is unknown. Based on demographic studies, the mainland Japanese consumed an average of 13.8 mg daily and they are one of the healthiest people on planet earth. One tablet of Iodoral contains 12.5 mg iodine/iodide, an amount very close to the 13.8 mg average intake of mainland Japanese.

[18] Abraham, G.E., Flechas, J.D., Hakala, J.C., Orthoiodosupplementation: Iodine sufficiency of the whole human body. The Original Internist, 9:30-41, 2002.

[19] Abraham, G.E., Flechas, J.D., Hakala, J.C., Orthoiodosupplementation: Iodine sufficiency of the whole human body. The Original Internist, 9:30-41, 2002.

[20] www.moh.gov.my/opencms/export/sites/default/moh/download/16_chat.pdf

[21] Nippon Naibunpi Gakkai Zasshi. 1985 Nov 20;61(11):1249-58.Induction of cytosolic proteins controlling mitochondrial protein synthesis by thyroid hormone.

The End of Antibiotics

Diseases include measles, scarlet fever, tuberculosis, typhoid fever, pneumonia, influenza, whooping cough, diphtheria and polio. All were in decline for several decades before the introduction of antibiotics or vaccines.

- Dr. Lawrence Wilson

Antibiotics do not kill yeast but they certainly can kill people on occasion.[1] Not only do some antibiotics increase the risk of sudden cardiac death but sometimes they lead to liver compromise and failure. Despite the ever-widening use of antibiotics the National Center for Infectious Disease and the Centers for Disease Control announced that the U.S. death rate from infectious disease increased by more than 50% between 1980 and 1992, making it the third leading cause of death.

Drug-resistant streptococcus pneumonia is a leading cause of illness and death in young children and the elderly.

Drug-resistant tuberculosis is spreading much faster than medical experts had feared, the World Health Organization said in February of 2008. The rate of TB patients infected with the drug-resistant strain topped 20 percent in some countries, the highest ever recorded, with rates expected to soar even higher.

If the resistant form is contracted two years may be needed to treat with drugs that are 100 times as expensive as the first-line regimen and even then results are less than ideal. The levels of drug-resistant TB are going through the roof surpassing the highest levels that nearly all experts had once thought were possible. Dr. Mario C. Raviglione, director of WHO's tuberculosis program, said "Ten years ago, it would have been unthinkable to see rates like this. This demonstrates what happens when you keep making mistakes in TB treatment."

According to the WHO, outbreaks of drug-resistant tuberculosis are showing up all over the world and threaten to touch off a worldwide epidemic of virtually incurable tuberculosis.[2]

Studies have documented the association between increased rates of antimicrobial use and development of resistant infections thus doctors who prescribe antibiotics irrationally should be rebuked. There is a growing consensus among infectious disease specialists, epidemiologists and control experts from the U.S. and Europe about the dark side of antibiotic use. But most doctors continue to believe that antibiotics have played an important role in staving off bacterial infections and thus continue to prescribe them in obscene quantities.

This chapter is a prelude to the next, which provides real alternatives and solutions in our fight against infections. These pages certainly offer sufficient testimony about our need for radical change in the use of antibiotics and the even greater need to find safe and effective answers that stand a chance of protecting us from the rising rage of super germs. Clearly allopathic medicine's obsession with antibiotics has had disastrous consequences that few have imagined. Unfortunately antibiotics have become part of our life style so when we talk about health issues one can hardly imagine any adult who has not yet been prescribed a course of antibiotics.

According to several studies, obstetricians and gynecologists write 2,645,000 antibiotic prescriptions every week. Internists prescribe 1,416,000 per week. This works out to 211,172,000 prescriptions annually in the United States, just for these two specialties. Pediatricians prescribe over $500 million worth of antibiotics annually just for one condition, ear infections. Yet topical povidone iodine (PVP-I or polyvinylpyrrolidone) is as effective as topical ciprofloxacin, with a superior advantage of having no in vitro drug resistance and the added benefit of reduced cost of treatment.[3]

Many women find after taking antibiotics, they get vaginal yeast infections (because their normal bacterial balance has been lost). Antibiotics bring on fungal and yeast infections thus will eventually be seen as one additional cause of cancer since more and more oncologists are seeing yeast and fungal infections as an integral part of cancer and its cause. **With upwards of 40 percent of all cancers thought to be involved with and caused by infections,[4] addressing the subject of antibiotics and the need for something safer, more effective and life-serving is imperative.**

It may be some time before we really enter the predicted "post antibiotic era" in which common infections are frequently untreatable. [5]

- Dr. Marc Lipsitch et al.

- Harvard School of Public Health

Eventually antibiotics are going to be seen as one of the worst things to ever come out of pharmaceutical science because in the end they have only made us weaker in the face of stronger and stronger super bugs that are resistant to all the antibiotics doctors have at their disposal. When we look at how deep the rabbit hole goes with antibiotics it will sicken our souls. Antibiotics have fulfilled their anti–biotic, anti-life role leaving a long trail of death and suffering in the wake of their use.

Antibiotics kill all bacteria in the body, including the ones we need.

An antibiotic is a substance produced by certain bacteria or fungi that kills other cells or interferes with their growth. In nature, these substances help some microbes survive by limiting the multiplication of other microbes that share the same environment. Antibiotics that attack pathogenic (disease-causing) microbes without severely harming normal body cells are useful as drugs but unfortunately the pharmaceutical companies have none of these to offer.

Dr. Lisa Landymore-Lim wrote all about this in her book *Poisonous Prescriptions* asking, "Do Antibiotics Cause Asthma and Diabetes?" We are now even beginning to question the role of antibiotics as a cause of cancer since they do lead to pathogen overgrowth especially

in the area of yeast and fungi. Chris Woollams writes, “It is estimated that 70 percent of the British population have a yeast infection. The primary cause of this is our love of antibiotics. Swollen glands? Take antibiotics. Tonsillitis? Take antibiotics.”

Two studies in the recent past have shown an association between the use of antibiotics with higher incidence of breast cancer.[6]

In one study the increased risk was small, and the importance of the link has been played down by UK breast cancer experts, but the findings add weight to recent studies that have found links between antibiotics and other diseases. In the past few years heavy antibiotic use has been linked to the inflammatory bowel disorder, Crohn’s disease, and to children developing allergies such as hay fever and asthma. And as we shall see below antibiotics play a hidden role in autism and other neurological diseases.

Nearly 500,000 people are dying yearly in America due to infectious disease. It now ranks number 3 behind heart disease and cancer in claiming American lives.

The *Journal of the American Medical Association* has reported a study on 10,000 women in which women who took over 500 days of antibiotics in a 17 year period (dubbed 25 plus doses) **had twice the**

risk of breast cancer as those that took none at all. Even women taking just one had a statistical risk increase to 1.5 times. One reason we are losing the war on cancer is that antibiotics are doing their job too well and we are using them way too much. When we look at the available options to their use we discover that it is best to avoid their use except in extreme medical circumstances.

"We know that antimicrobial resistance will follow antimicrobial use as sure as night follows day," said Dr. John A. Jernigan, deputy chief of prevention and response from the Center of Disease Control. "It's just a biological phenomenon." It turns out that the **indiscriminate killing of harmless microbes damages the body in complex ways** we are only beginning to understand. Powerful antibiotics introduced into the complex environment in our intestines cause mayhem, much like a series of bombs tossed into a market square. Antibiotic resistance is a widespread problem, and one that the U.S. Centers for Disease Control and Prevention calls "one of the world's most pressing public health problems."

A 17-year-old student at St. Margaret's College in New Zealand has exposed fresh chicken sold in supermarkets contaminated with antibiotic-resistant bugs. Jane Millar's discovery of a range of resistant bacteria in chickens is an important finding that the bacteria have developed resistance to antibiotics not used in the poultry industry but important for treating serious infections in humans.[7]

We can create resistance to medically important antibiotics by using antibiotics that are presumably safe in agriculture.

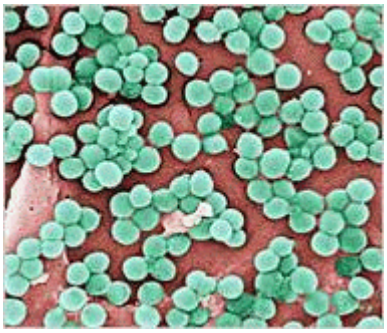
- Jane Millar

Jane bought six fresh chickens—free-range, barn-raised and organic—from a supermarket. She took samples from each bird and grew bug colonies that she used to test different antibiotics. Apramycin is an antibiotic used sparingly by the New Zealand poultry industry to treat infections. The bacteria of two chickens tested resistant to apramycin. They also proved resistant to another two antibiotics from the same family—gentamicin and tobramycin—used for serious human infections. Gentamicin is not used by the poultry industry; tobramycin is restricted to human use only.

A recent risk assessment study commissioned by the U.S. Food and Drug Administration (FDA) has estimated that about 8,000-10,000 persons in the U.S. each year acquire fluoroquinolone-resistant Campylobacter infections from chicken and attempt to treat those infections with a fluoroquinolone.[8]

Every day, new strains of bacteria, fungi, and other pathogenic microorganisms are becoming resistant to the antibiotics that once dispatched them with extreme prejudice.

One of the deadliest germs is a staph bacteria called MRSA, short for methicillin-resistant Staphylococcus aureus, which lives harmlessly on the skin but causes havoc when it enters the body. Patients who do survive MRSA often spend months in the hospital and endure several operations to cut out infected tissue. Hospitalizations associated with a drug-resistant form of a Staphylococcus bacterium doubled over six years in the U.S. to nearly 280,000 cases in 2005. The death toll rose from 4,700 in 1999 to about 6,600 in 2005. It is estimated that 94,000 Americans suffered invasive MRSA infections in 2005 and that about **19,000 died**.[9]



Science Source/Photo Researchers

The drug-resistant staphylococcus bacteria called MRSA

And the story only gets worse. “Recently there has been an alarming epidemic caused by community-associated (CA)-MRSA strains, which can cause severe infections that can result in necrotizing fasciitis or even death in otherwise healthy adults outside of healthcare settings,” is the word coming from the National Institute of Allergy and Infectious Diseases (NIAID) research team, headed by Dr. Michael Otto.[10] Necrotizing fasciitis is the so-called flesh-eating disease that can destroy healthy tissue.[11]

One out of every 20 patients contracts an infection during a hospital stay in the U.S. Hospital infections kill an estimated 103,000 people in the United States a year, as many as AIDS, breast cancer and auto accidents combined. The vast majority of lethal cases occur in hospitals and nursing homes where open wounds and punctures provide the opportunistic staph a ready path to the bloodstream and organs. **The dangers of infection are worsening as many hospital infections can no longer be cured with common antibiotics.**

When the peaceful activities of a normal microbial population are disrupted, malevolent bacteria may take full advantage of the opportunity to strike. The intestinal infection Clostridium difficile colitis, now rampaging through hospitals around the world, is one of the worst such complication of antibiotic use. Clostridium difficile was first recognized as a hospital microbe in 1978. By 1996 it had increased to 31 cases per 100,000 people discharged from U.S. hospitals. In 2003, the most recent year for complete statistics, prevalence had risen to 61 per 100,000. It is part of the natural flora, or bacteria, in the colon. “We’re seeing all of the warning signs that this is the next MRSA,” said former New York Lt. Gov. Betsy McCaughey, founder of the Committee to Reduce Infection Deaths, a Manhattan-based nonprofit. “It spreads like wildfire in hospitals.”

C. diff is a spore-forming toxin-producing bacterium that is overtaking peoples’ large intestines from which it mounts an attack on the bloodstream. One case had been treated by a dermatologist for an ingrown hair on his back and prescribed an antibiotic. He took only a few pills, but quickly became ill. Based on what his doctors told him, the short course of antibiotics proved sufficient to destroy virtually all the natural bacteria in his intestine—except C. diff, which was freed to ravage his colon. In emergency efforts to save his life a surgeon removed the entire large intestine to prevent overwhelming infection.

“It strikes precisely those hospitals that are more ‘high-tech’ and that handle more serious illnesses. Applying more disinfectant is not the answer; some strains of germs have actually been found thriving in bottles of hospital disinfectant! The more antibacterial chemical ‘weapons’ are being used, the more bacteria are becoming resistant to them,” writes Dr. Carl Wieland.

Lessons from Autism

Medical scientists at Arizona State University tell us that **antibiotic use is known to almost completely inhibit excretion of mercury** in rats due to alteration of gut flora.[12] Thus, higher use of oral antibiotics—in children destined to contract autism—may have reduced their ability to excrete mercury. Higher usage of oral antibiotics in infancy may also partially explain the high incidence of chronic gastrointestinal problems in individuals with autism.

Many physicians are unaware of lasting adverse effects caused by routinely prescribed medications such as antibiotics. Antibiotic therapy for minor colds and runny noses is a common practice. People routinely receive multiple courses of broad-spectrum antibiotics throughout life or are injected with long-acting corticosteroid medicine for joint or muscle pain. Once established, sub-clinical colonization with yeast in the body may persist unrecognized for many years. Antibiotics, such as tetracycline, can greatly increase yeast in the colon after only a few days.

The extensive use of antibiotics will make the condition of Candida much worse because it reduces heavy metal excretion.

Normally, Candida albicans lives peacefully in our intestines and elsewhere, in harmony with other flora that keep the yeast in check. Take an antibiotic and all this changes. By suppressing the normal flora, Candida takes over and problems begin. In its mild form the result is diarrhea or a yeast infection. Dr. Elmer Cranton says that, "**Yeast overgrowth is partly iatrogenic (caused by the medical profession) and can be caused by antibiotics and**

cortisone medications. A diet high in sugar also promotes overgrowth of yeast. A highly refined diet common in industrialized nations not only promotes growth of yeast but is also deficient in many of the essential vitamins and minerals needed by the immune system. Chemical colorings, flavorings, preservatives, stabilizers, emulsifiers, etc., add more stress on the immune system."

> *Children with autism had significantly (2.1-fold) higher levels of mercury in their baby teeth but similar levels of lead and similar levels of zinc. Children with autism also had significantly higher usage of oral antibiotics during their first 12 to 36 months of life.* [13]

Reporting in the July 11, 2007 issue of the *Journal of the American Medical Association*, researchers say the use of antibiotics boosts risks for drug resistance while doing nothing to shield kids from future urinary tract infections (UTIs). **Prior use of antibiotics to prevent infection did boost the likelihood of developing a drug-resistant infection by nearly 7.5 times.**

> *In 2005 a study the antibiotic Augmentin™ has been implicated in the formation of autism. The study strongly suggests the possibility of ammonia poisoning as a result of young children taking Augmentin. Augmentin has been given to children since the late 1980s for bacterial infections.*[14]

Many physicians seem to be unaware that birth control pills comprised of the hormones estrogen and progestin (NOT to be confused with progesterone!) can also **make the body more**

susceptible to fungal infections. If antibiotics are prescribed it acts as a double whammy to ensuring a fungal infection will take hold by diminishing the protective bacteria in the intestines. Many pregnant women seek medical treatment for minor problems and are indiscriminately given antibiotics and this begins a long decline into problems that are complicated at each turn by OB/GYN doctors at birth and by pediatricians who just love to poison children with the toxic chemicals found in vaccines. In many places in the world they still give mercury-containing Hep B shots at birth.

Antibiotics may be to blame for hundreds of children developing autism after having the controversial MMR jab. More than two-thirds of youngsters with the condition received four or more antibiotics in their first year, a British survey has revealed. It is thought the drugs weakened their immune systems, leaving them unable to withstand the impact of the triple jab.

Antibiotics are mostly derived from fungi and
are therefore classified as mycotoxins.
Mycotoxins are poisons.

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[1] Ray WA, et al. (2004). Oral erythromycin and the risk of sudden death from cardiac causes. New England Journal of Medicine, 351(11): 1080–1096. A recent large study indicates that people who take erythromycin along with certain common medications may increase their risk of sudden cardiac death.

[2] Health care officials are increasingly concerned about emerging new forms of drug-resistant TB. An October 1997 survey by the WHO, the U.S. Centers for Disease Control and Prevention and the International Union Against Tuberculosis and Lung Disease

estimates that 50 million people are infected with a strain of TB that is drug-resistant. Many of those are said to carry multi-drug-resistant tuberculosis-incurable by two or more of the standard drugs.

[3] Evaluation of topical povidone-iodine in chronic suppurative otitis media; Java C et al; Arch Otolaryngol Head Neck Surg. 2003 Oct;129(10**):1098-100 ; Entrez Pubmed**

[4] A major U.S. scientist says cancer – always believed to be caused by genetic cell mutations – can in reality be caused by infections from viruses, bacteria, yeasts, molds and fungus parasites. "I believe that, conservatively, 15 to 20 percent of all cancer is caused by infections; however, the number could be larger – maybe double," said Dr. Andrew Dannenberg, director of the Cancer Center at New York-Presbyterian Hospital/Weill Cornell Medical Center." Dr. Dannennberg made the remarks in a speech in December 2007 at the annual international conference of the American Association for Cancer Research.

[5] Marc Lipsitch, Randall S. Singer, and Bruce R. Levin. Department of Epidemiology, Harvard School of Public Health, 677 Huntington Avenue, Boston, MA 02115; Department of Veterinary Pathobiology, University of Illinois, Urbana, IL 61802; and Department of Biology, Emory University, Atlanta, GA 30322

[6] www.cancer.gov/newscenter/pressreleases/Antibiotics

[7] www.stuff.co.nz/stuff/marlboroughexpress/4302406a6422.html

[8] Food and Drug Administration. Center for Veterinary Medicine. (2001) The Human Health Impact of Fluoroquinolone-Resistant

Campylobacter Attributed to the Consumption of Chicken (Food Drug Admin., Washington, DC).

[9] www.denverpost.com/breakingnews/ci_7595287

[10] Study reveals how superbugs trick immune system; Reuters; Published: Monday, November 12, 2007;

www.canada.com/topics/bodyandhealth/story.html?id=b89e31f0-d0ec-4b38-9ee7-05fec7cdd331&k=31111

[11] The team found that some strains on MRSA secrete a compound called phenol-soluble modulin or PSM. It attracts immune system cells called neutrophils, the researchers found, and then blows them up in a process called lysis. Neutrophils are key immune cells involved in clearing bacterial infections, so destroying them would allow the bacteria to thrive almost unmolested. “In the United States, CA-MRSA is now the cause of the majority of infections that result in trips to the emergency room. It is unclear what makes CA-MRSA strains more successful in causing human disease compared with their hospital-associated counterparts,” the research team added.

[12] www.osti.gov/energycitations/product.biblio.jsp?osti_id=5661650

[13] J Toxicol Environ Health A. 2007 Jun;70(12):1046-51. Mercury, lead, and zinc in baby teeth of children with autism versus controls.

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Pillars Against Pathogens

Iodine, Probiotics, Bicarbonate, Colostrum, and More…

Our immune systems are going haywire reported the *Washington Post* in March of 2008. “First, asthma cases shot up, along with hay fever and other common allergic reactions, such as eczema. Then, pediatricians started seeing more children with food allergies. Now, experts are increasingly convinced that a suspected jump in lupus, multiple sclerosis and other afflictions caused by misfiring immune systems is real. Allergies and immune-system diseases have doubled, tripled or even quadrupled in the last few decades, depending on the ailment and country. Some studies now indicate that more than half of the U.S. population has at least one allergy.”[1]

Never has there ever been a greater need to inspect the defensive walls of our immune systems. A strong immune system will defend you against any disease including bacteria, viruses and fungi.

Though iodine kills 90 percent of bacteria on the skin within 90 seconds, its use as an antibiotic has been ignored. Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing **all classes of pathogens**: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa. **Most bacteria are killed within 15 to 30 seconds of contact.**

Iodine is by far the best antibiotic, antiviral and antiseptic of all time.

- Dr. David Derry

Dr. Derry says that iodine is effective "for standard pathogens such as Staphylococcus, but it also has the broadest range of action, fewest side effects and no development of bacterial resistance." There is a world of difference between using an antibiotic—anti-life substance—and an antibiotic, antiviral and antifungal substance like iodine, which is life-serving because it is a basic and most necessary nutritional substance.

Although the prescribing of antibiotics to treat respiratory tract infections fell in the 1990s, doctors continued to prescribe them to treat apparently virus-induced conditions.

Iodine kills single-celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given

us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't.

> "I am still experimenting with the iodine with lots of good results. Overall it seems to work very well for osteo-arthritis, rheumatoid-arthritis and even gout. I also use it for septicemia and I find it very effective to put the undiluted drops on warts. It also worked very well on kidney failure. Yesterday I gave it to someone with full-blown HIV on anti-retroviral treatment that failed, so I am waiting to see the response. It will take a few years and lots of patients to really come to a conclusion. **So far I had no side effects or allergic response** but, I am very positive that you can treat many illnesses with great success with this very inexpensive medicine."
>
> Dr. J. D. Naudè
> Cape Province, South Africa

Iodine offers a serious and potent replacement for much of the antibiotics that are literally destroying people's lives and can be used safely with children. Parents, who choose not to dose their kids with dangerous vaccines will be glad to know that iodine can be very effective against a host of viral and bacterial infections that medical officials insist threaten children. Dr. David Brownstein, who uses iodine extensively in his practice, says, "Iodine has a wonderful antibiotic solution without question and most importantly, **I never see any of my patients complain of dysbiotic reactions from its use**."

Dysbiosis is a state of imbalance of intestinal bacterial flora and yeast. The healthy human intestine has some 300-400 species of

bacteria. These are mostly beneficial in a healthy person and essential for a range of activities. Many people are surprised to learn that the gastrointestinal tract holds two to three pounds of bacteria and other flora, which when in balance, contributes to one's overall health. When out-of-balance, however, it can become a significant burden and tax the immune system.

Broad-spectrum antibiotics are indiscriminating, meaning that in addition to "bad bacteria," they also kill healthy bacteria that normally live in the intestines and the vagina, and that are a necessary part of the indigenous flora to keep the body healthy. When the "good" bacteria are killed with antibiotics, then yeast, which is part of the normal flora of the body, can begin to overgrow because the antibiotics have altered the body's healthy terrain (internal ecological balance) allowing the yeast to hyper proliferate and cause many far-reaching, toxic symptoms.

Beneficial bacteria manufacture nutrients and chemicals that are an essential part of the metabolism and play a role in a whole range of the body's needs, including immune function, hormone regulation and detoxification of harmful chemicals. When bacteria are damaged, we suffer not only from the deficiencies of these nutrients and chemical reactions but also from the toxins created by the pathogenic bacteria that the body cannot easily detoxify. The beneficial bacteria are essential for this detoxification.

Many ask the question that if iodine is so efficient at killing viruses, yeast, fungi, molds and bacteria of different types, why it does not kill off the friendly bacteria as well? Dr. Brownstein, one of the most experienced physicians on all things iodine, reports from a clinical perspective that in fact iodine leaves human cells in better health and

healthy gut flora intact. Though perhaps we might not yet understand the exact science for this clinical observation it is logical that because of our body's real need for iodine our biological friends that inhabit our GI track would have evolved in iodine's presence and thus be immune to the ruin iodine brings to most single-cell life forms.

Because drug-resistant micro-organisms continue to emerge and the number of patients susceptible to these infections is increasing dramatically, an approach that utilizes the innate powers of the immune system as a therapeutic agent will have the greatest benefit to sick patients. The body's ability to resist infection and disease is hindered by long-term deficiency in essential vitamins and minerals. Importantly poor immune response is correlated with impaired thyroid function; **a deficiency in iodine can greatly affect the immune system** because low levels of iodine lead to problems with the thyroid gland.[2]

> *Myeloperoxidase has potent antimicrobial activity against bacteria, fungi, viruses, and mycoplasma when combined with H2O2 and iodide, bromide, or chloride. It is strongly toxic to HIV-1.*[3]

Iodide is accumulated during phagocytosis, the process of engulfing and ingesting bacteria and other foreign bodies. The iodide is attached to the bacteria and to proteins, creating iodoproteins including monoiodotyrosine (T1). Sometimes, the thyroid hormones are utilized as the source of the iodide. Iodine supplementation is a molecular strategy that strengthens the immune response increasing the power and flexibility of the immune system against infection.

The tremendous diversity and mutability of many infections and their ability to intelligently exploit the cells is one of the main reasons we should return to iodine as our favored broad-spectrum antibiotic, anti-viral and anti-fungal agent. Iodine provides us with a safe way to strengthen innate responses to invading microbes while simultaneously correcting or eliminating a basic nutritional deficiency that causes immunological unresponsiveness. Iodine also chelates out some mercury and the full list of halogens that are poisoning just about everyone.

Most of us do not know that **a nutritional deficiency can cause a virus to mutate to a more virulent form**. That is the news from the United States Department of Agriculture (USDA) who is reporting that a human virus, normally harmless in laboratory mice, mutated into a heart-damaging pathogen when the animals were raised on a diet devoid of the essential element selenium. And once mutated, the virus continued to damage hearts—even in mice that got ample selenium in their feed.

The importance of this is not limited to nutritionally-deprived populations, say researchers with the University of North Carolina and Agricultural Research Service of the government, who collaborated on the studies. In theory, one selenium-deficient person or animal could produce a new family of virus mutants that could cross species and spread worldwide, causing disease even in well-nourished people.

The USDA is now officially on record that nutritional deficiencies cause viral mutations and they expect to find the same results with vitamin-E-deficient mice because both selenium and vitamin E are

nutrients that serve as antioxidants in the body. This means that the government is recognizing that free radicals and oxidative stress affects the world of pathogens creating super bugs out of regular critters. They are even going as far as saying that this may help explain the many new strains of influenza virus arising in China, which has widespread selenium-deficient areas.

Physicians have the problem of infections shifting from under their feet as they progress through various stages.

Béchamp and other scientists believed in the theory of pleomorphism, that a microbe could evolve through many forms from virus to bacterium to yeast to fungus to mold and could even de-evolve back to a pre-virus again. In my *Winning the War on Cancer* book there is chapter dedicated to the evolution and de-evolution process that Béchamp could see in his microscope, and an entire section dedicated to dealing with late-stage infections and their direct relationship to cancer.

Enderlein, Rife, Reich, Livingston-Wheeler, Naessens, and more recently, in the U.S., Dr. Robert O. Young (San Diego) and Dr. David Jubb (New York) have all studied blood and tissues under powerful microscopes and are able to see a primordial level of life, pre-viral in a manner of speaking. "Béchamp found microzymas present in every cell in the bloodstream, in animals, in plants, and even in rocks. He found them present in the remains of dead animals many years after the animal's body had withered away to dust. He observed that in a healthy organism, microzymas work at repairing and nourishing all cells," wrote Gabriel Donohoe, a practitioner of Nutritional Microscopy.[4]

This level of biology takes us to the borders of life. “Where does life begin and life end?” is an interesting and relevant question when dealing with infections. We know that something as small as light itself and thus the colors have much to do with biology—meaning the sun is one of the best medicines and color therapy is a valid medicinal technique. Something as free as the sun and as cheap as a colored light bulb can aid us in our struggle with pathogens. It is my apology that I do not present energy medicine in this chapter. Certainly chapters can be written and new discoveries are in the air that validate the use of radio waves, laser light, the sun, color, and subtle energy devices, even one’s hands in healing and medicine.

When we work with the ultra small and ultra sensitive levels of life we need something more than the intelligence of medical barbarians that can only think of mandating mercury vaccines for every citizen.

Dr. Paul Yanick, Jr., a board-certified naturopath, has published in the *Townsend Letter* a very interesting work on infectious biofilms. [5] Bacterial biofims are ubiquitous in human physiology—they can crop up anywhere; we could call them bacterial slime for that is exactly what they are. Biofilms confront us daily in our mouths with the formation of dental plaque. It’s very similar to the type of slime that grows inside a flower vase after two or three days.

Biofilms are in all chronic infections.

- Dr. J.W. Costerton

- Montana State University

Dr. Yanick says, “There are certain kinds of pathogens that enter the cells via abnormalities of key cell membrane receptors—settling down into anaerobic tissue sites as a mucous-like and sticky matrix where it aggregates, communicates, and constructs slimy edifices called biofilms. **Biofilms consist of a dense symbiotic aggregation of microbes embedded in a highly hydrated polymer, polysaccharide matrix of its own secretion**; they often end up in the cornea, tonsils, wounds, nasopharynx, middle ear, prostate and urinary tract, teeth (under root canals, fillings, implants, or as chronic bacterial ostitis in extraction sites), dental plaque, oral soft tissues, gallbladder, GI epithelium, heart (endocarditis), and lungs, making them notoriously difficult to treat. Their anti-microbial resistance coupled with the inaccuracy of current lab tests to diagnose hidden biofilms and intracellular infections makes biofilms one of the greatest clinical challenges facing doctors today.”

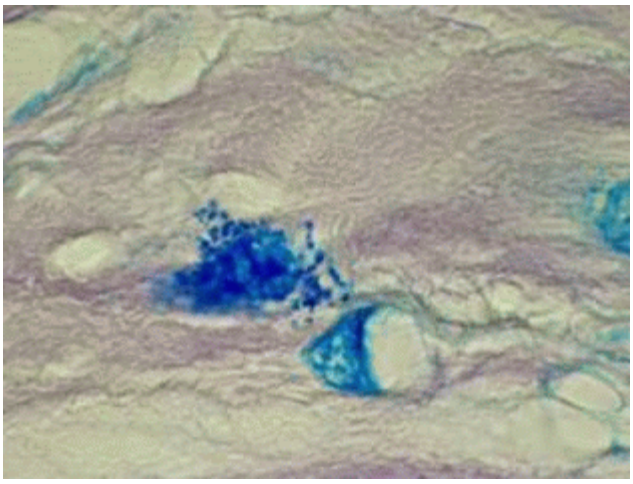
The mutational and transformational realities of pathogens provide reason to conclude iodine as the strong man to turn to in the antiviral, antibacterial and antifungal pharmacy.

Biofilm-related infections are involved in the deterioration of gums, ear infections, stubborn sinus infections, and chronic gallbladder and cardiac infections, just to mention a few of the possibilities. Iodine naturally is a solution, as is sodium bicarbonate, for breaking up biofilms. One of the reasons high internal concentrations of iodine are called for in the treatment of cancer is the need to break up the biofilms associated with tumors. It’s the same reason you need to use catheters to direct high enough concentrations of bicarbonate to hard-to-get-to target tumors. Personally I use bicarbonate often

when brushing my teeth for its amazing ability to instantly alkalize anything it touches.

Even in the healthy immune system, the unleashing of its magnificent and diverse arsenal of antimicrobial agents fails to conquer biofilms and intracellular Chlamydia. Likewise, even in long-term treatment with one antibiotic after another, infections persist. **One of the primary problems is the inability of the antimicrobial agent to fully penetrate the biofilm leaving bacteria to exist in a protected state as they mutate and adopt a distinct and intrinsically resistant phenotype.**

Prostate tissues from patients with prostate cancer and benign prostatic hyperplasia (BPH) frequently contain histological inflammation, and a proportion of these patients show evidence of Propionibacterium acnes infection in the prostate gland.[6]



Acid-Fast Bacteria In-Vivo in Prostate Cancer and the Connection between Prostate Cancer, Other Cancers, and the Kaposi's Sarcoma Virus

- Alan R. Cantwell, Jr., M.D.

There is an epidemic of iodine deficiency in this country—one that affects every man, woman and child. Over the last 30 years our iodine intake has declined 50 percent while the ingestion of toxic competing halogens (bromine, fluorine, chlorine, perchlorate) has dramatically increased. Other glands besides the thyroid concentrate iodine as well (breasts, ovaries and prostate). They also need higher levels of iodine so it should not be a surprise that infections and cancer of the prostate would respond to higher levels of iodine.

When iodine levels fall, the rates of prostate cancer increases.

- Dr. David Brownstein

While the immune system can mop up free-floating bacteria in the blood, it has difficulty reaching bacteria in biofilms. In most cases, doctors resort to the overuse of antibiotics, but bacteria in biofilms clearly react differently than lone bacterial cells do to antibiotics.

My husband Ron had a small infection at the base of the nail. This very quickly turned nasty and our doctor agreed it looked like gout. Three weeks later Ron heard back from his Dr who was in a mad

panic saying Ron had septicemia. On seeing the surgeon that same day the surgeon wanted to go in and cut the finger open end for end and look at the finger and that she would probably have to take it off anyway. Finally the Nascent Iodine we ordered arrived (my husband was refusing to take antibiotics). He started on quite a hefty dose of 15 drops while continuing to apply magnesium chloride transdermally.

Two days after starting the iodine there was feeling starting to regenerate and pain again in the finger and Ron thought it looked less discolored. Then the following day the swelling had started to go down and the normal healthy pinkness was returning at the base of the finger. Over a period of days it has progressively improved with no other treatment than the iodine and magnesium chloride. We also then made a poultice with a mixture of comfrey, honey and garlic for a few days, then the Nascent Iodine dripped into a goldenseal ointment.

Dr. Carl Wieland wrote:[7]

> When I was finally discharged from the hospital, I still had a strain of supergerm colonizing my body. Nothing had been able to get rid of it, after months in hospital. However, I was

told that all I had to do on going home was to “get outdoors a lot, occasionally even roll in the dirt, and wait.” In less than two weeks of this advice, the supergerms were gone. Why? The reason is that supergerms are actually defective in other ways, as explained. Therefore, when they are forced to compete with the ordinary bacteria that normally thrive on our skin, they do not have a chance. They thrive in hospital because all the antibiotics and antiseptics being used there keep wiping out the ordinary bacteria which would normally out compete, wipe out and otherwise keep in check these “superwimps.”

Wide World of Natural Antibiotics

Low serum vitamin D levels were found to be associated with an increased risk of active tuberculosis.

Yes that means the sun is a strong antibiotic, and certainly a strong fungicide. The way to combat antibiotic resistance is not bigger, better, stronger antibiotics but, rather, no antibiotics at all. Instead, other molecular weapons are available with the ability to disable bad germs without bothering good ones. Iodine is the ideal broad-spectrum antibiotic that is not an antibiotic—it is not against life. Not against human life, that is, but you can hear the little pathogens screaming as high enough levels of iodine fan out through the system. Meaning huge numbers of the viruses, bacteria, yeasts and molds that are threatening us are threatened with quick death when iodine is used orally to fight infection. It’s hard to make a mistake with iodine but with pharmaceutical antibiotics we are playing at the

crap table hoping our choice of which one to use works against the pathogen that is actually threatening the person.

Infection depresses levels of vitamins B6 and C. [8] *"The right dose of vitamin C will stop every infection in its tracks without needing to use antibiotics."*

- Dr. Gary Gordon

"It would be possible to discover techniques for giving worms a higher level of robustness and thereby rendering them more resistant to infection," said Louis Pasteur. The value of promoting the health and vitality of the organism through nutrition to resist and overcome disease should never be underestimated. For instance, **our immune systems require vitamin C**. The more stress we are under (physical things like infection or exposure to cold, emotional problems, etc. all produce stress to our systems) the more vitamin C we need to remain healthy. The IMVA recommends whole-food vitamin C supplements.[9]

With the advent of antibiotics in the 1940s, research into the possibilities for probiotics all but died.

In reality there are many natural weapons we have against the bacterial, viral and fungal pathogens. We have concentrated on iodine and there are chapters on using sodium bicarbonate but our arsenal is not complete without potent probiotics. **When it comes to infection it really is a war of the good guys against the bad guys.** Examples of pathogens or "unfriendly" bacteria are: Clostridium, salmonella, E. coli, Streptococcus, and Staphylococcus.

We are more familiar with these dangerous unfriendly strains of bacteria but are not familiar enough with the friendly strains, with probiotics. The beneficial bacteria in our body keep the bad bacteria in balance so that our gastrointestinal (GI) tract remains in harmony and our body's functions at their peak level.

Colon cancer is the second-leading cause of cancer death in the United States, after lung cancer, with about 154,000 new cases detected and 52,000 deaths a year.

Initially, babies have no immune system at all because they have no bacteria in their gut. It is only as the bacteria multiply in the GI tract that the immune system develops. Very few people realize that a large percent of the immune system is located in the GI tract. **Probiotics have a special ability to kill bacterium and build the immune system without contributing to toxicity in the body.**

"The ever-present armies of microbes in your digestive tract are so essential to your survival, a new study says, that you might consider yourself a super-organism—human plus microbes equals you. These hordes of 'gut bugs' perform digestive duties that the human body alone cannot, according to the first-ever comprehensive study of these microbes' genes. The study maps the genes of the estimated 500 or more species that live inside us," reported *National Geographic* in 2006. It seems like that for every cell in our body we support 10 bacterial cells that make vitamins, trigger hormones, and produce proteins that enable chemical reactions that would otherwise be terribly slow or even impossible for the human body to perform. Many gut bacteria specialize in fermentation that allows the

body to break down the tough cell walls of vegetable matter. And gut bugs also break down some toxic chemicals such as tetracholoethene, a chemical common in dry cleaning, and caprolactam, used to make synthetic fibers like nylon.

Antibiotics are not the only medications to disrupt normal gut function. Antidepressants, amphetamines, barbiturates, pain medications and non-steroidal anti-inflammatory drugs and many other pharmaceuticals will disrupt gastric function.

Taking a daily probiotic supplement of beneficial probiotic bacteria will dramatically alter the war between the good bacteria and dangerous pathogens. Probiotic supplements can transform us back into optimal health by providing the beneficial bacteria that keep our bodies healthy. Probiotics, according to the World Health Organization, are “live organisms, which, when administered in adequate amounts, confer a health benefit on the host.” Probiotics literally mean “for life” and are coming to the forefront of medicine as beneficial bacteria supplements to help restore our vital microflora.

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The IMVA recommends this probiotic because it is the only one we have found engineered for both oral and **transdermal use**. We feel that when dealing with probiotic medicines it is important to have people dealing with the little critters with love. Like Mom's cooking, it really does matter and we really can feel the difference between food made with love and food made without. That said it is also an official IMVA position that it would be favorable to rotate through time through different probiotics available through other fine companies. Again like different cuisine, different products will have different characteristics, and at different strengths they lead us in our drive for more healthy and energetic lives.

This probiotic is also recommended by the IMVA. Prescript-Assist is particularly effective for the treatment of a wide variety of human GI disorders and bacterial diarrhea. The breadth of efficacy in this probiotic is attributed to the actions of a unique complex of 29 probiotic **soil-based-organisms** and leonardite, a prebiotic mix of humic substances. In double-blind experiments it was found to be effective for irritable bowel syndrome.

A daily probiotic dose of the probiotic Lactobacillus reuteri improved symptoms associated with infantile colic, says a new study from Italy.

The researchers, led by Francesco Savino from the University of Turin, randomly assigned 83 infants to either a daily supplement of the probiotic or the pharmaceutical control simethicone, and report that after 28 days the average crying times of the infants in the probiotic group had decreased by about 75 percent, compared to only 26 percent for the control group.[10]

Dealing with the Mercury

Part of our infection-fighting arsenal needs to include selenium and ALA (alpha-lipoic acid) and this is critical not only for maintaining glutathione levels but also for the neutralization of mercury. **Mercury provides the ideal environment for viruses, bacteria, fungi and yeast infections.** Though most are in denial, we are being overrun by mercury pollution, which is everywhere in the air, water, food, vaccines, dental amalgam and even beauty products.

You cannot treat infectious diseases in effective ways without dealing with the soil of the infection, with the mercury and other chemical toxicities that are driving the pathogens. A doctor needs to know his poisons but most of them find their minds obscured by the denial of the fact that most of the pharmaceuticals they use are mitochondrial poisons. Modern medicine is lost when it comes to dealing with mercury and in fact endorses its use in vaccines and dental medicine. Certainly the government does not think it's worth the effort to control the 50 tons of mercury that come out of its coal-fired electrical plants and spilled into the air each year.

Garlic is one food that has powerful anti-bacterial and anti-fungal properties and some scientific studies have found it to be at least as effective as the popular anti-fungal drug, Nystatin, in destroying Candida albicans.

We have to change our perceptions about infections and infectious processes. We need to shift away from the competing paradigms of pathogen vs. terrain. We need to deal simultaneously with pathogen, terrain and poison. Certainly we need to deal with nutrition and the use of concentrated nutritional substances that help us deal safely and effectively with infections.

Magnesium chloride is the only form of Mg known to have anti-infectious properties.

Much more could be said about natural remedies and other substances like colloidal silver, which is known to have antibacterial properties. I would choose iodine first because the body needs it anyway where it does not need colloidal silver, but that does not diminish the importance or power that silver has on pathogens.

Not only do we have the problem of antibiotic-resistant strains and other problems of antibiotics to deal with, there is also the concern of the creation of further nutritional deficiencies.

When we use concentrated nutritional substances as antibiotics we are doing a lot more than confronting hostile pathogens. We are supporting total body physiology as well as elimination of heavy metals and other toxic poisons. Whenever possible it is best to use the safest substances as medicines and instinctively we know that all of these are naturopathic. One of the most hurtful and ignorant illusions impregnated in people's minds is that allopathic medicines are more powerful than natural remedies, but this is absurd to the point of insanity.

Determining what is an appropriate use of an antibiotic is a judgment call in which cultural, social, psychological, and economic factors play at least as great a role as clinical and epidemiological considerations.

- Dr. Marc Lipsitch et al.

The feeling of security for a parent comes from administering substances like iodine (Nascent and other forms) and magnesium chloride (natural forms) to their children. Yes in dire emergency it would not be right to deny a child or anyone else the use of an antibiotic—when fever is high and all else has failed. But until that kind of critical situation arises, iodine, backed up by magnesium chloride, sodium bicarbonate, clay, and many other substances, only some of which are mentioned above, provide defense in depth against a full range of pathogens.

I focused on iodine for one would have to be a fool not to use it as the foundation for the treatment of all levels of pathogen infection; foolish because people increasingly need the iodine anyway. Iodine is a pillar against infection and a foundational stone for excellent health. Even if one chooses antibiotics, iodine is still needed to nurture a level of life we can only call primordial.

Epilogue: When you take away chemo and radiation therapy, vaccines and now antibiotics (all very bad ideas), we have effectively gutted western medicine. Statins and the majority of psychotropic drugs just get us started on a further list of very bad ideas that further whittle away at the medical establishment. It is looking more and more like allopathy in its present form is destined only for those who want to be poisoned, slashed and burned—meaning for those sick in their body, mind and soul.

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[1] www.washingtonpost.com/wp-dyn/content/article/2008/03/03/AR2008030303200.html

[2] Marani L, Venturi S. Minerva Med. 1986 May 7;77(19):805-9.”Iodine was and is sometimes used therapeutically in various

pathologies where the immune mechanism is known to play a dominant role. It has in fact been administered to patients with tubercular granulomatous, lepromatous, syphilitic and mycotic lesions where it facilitates cure. This effect does not depend on iodine's action on the micro-organism responsible. Iodine may also be used in Villanova-Panol Panniculitis, in erythema nodosum, in nodular vasculitis, erythema multiforme and Sweet's syndrome. Oral iodine is also very effective in the lymphatic-cutaneous form of sporotrichosis. In order to establish a relationship between dietary iodine and immune response, 607 infants residing in an area of endemic goitre were studied: 215 were given Lugol solution (2 drops a week for about 8 months) and 392 not. The immune response was assessed by the skin test method using tetanic toxoid and a clear correlation was shown between this and lymphocyte stimulation and monocytic chemotaxis tests. The test was considered positive when an infiltration of at least 5 mm in diameter was shown after 48 hours (in the U.S. 80% of paediatric cases aged 2-10 years old were positive). A significant difference was noted in the average diameter of the infiltrations after the tetanic toxoid skin test in the two groups considered (P less than 0.001). The results appear to indicate that an adequate iodine intake is necessary for normal retarded immune response. The molecular mechanism by which iodine increases immune response is still to be decided.

[3] iodine4health.com/body/immune/klebanoff_immune.htm

[4] www.naturalnews.com/022332.html

[5] findarticles.com/p/articles/mi_m0ISW/is_252/ai_n6112830

[6] J Clin Microbiol. 2007 Nov;45(11):3721-8. Epub 2007 Sep 19. Direct visualization of Propionibacterium acnes in prostate tissue by multicolor fluorescent in situ hybridization assay. Alexeyev OA, Marklund I, Shannon B, Golovleva I, Olsson J, Andersson C, Eriksson I, Cohen R, Elgh F. Department of Pathology, Umeå University, S-90185, Umeå, Sweden. oleg.alexeyev@medbio.umu.se

[7] First published: Creation 20(1):10–13 December 1997

[8] Ann of Nutr & Metab, 41: 344-52, 1997

[9] Vitamin C Megafood Complex C Vitacoast: 180 caplets for $35.67

www.vitacost.com/Store/Basket/CartUpdate.cfm?SKUNumber=051494101353&action=add

[10] The 41 infants in the probiotic group received a daily dose of 108 colony-forming units (CFU) of L. reuteri (BioGaia) 30 minutes after feeding, while the control group received a daily dose of 60 mg simethicone after feeding. After seven days of intervention the average crying times of the infants in the probiotic group had decreased by 21 percent, from 197 to 159 minutes per day, as reported by the mothers, while crying times for the control group decreased by only 10 percent, from 197 to 177 minutes per day. At the end of the full 28 days of intervention, the average crying times of the infants in the probiotic group had decreased by 74 percent, to 51 minutes per day, while crying times for the control group decreased by only 26 percent, to 145 minutes per day.

Iodine Deficiency Disorders

Goiter

Cretinism

When the iodine concentration in the blood is low, the thyroid gland enlarges in an attempt to trap as much iodine as possible, sometimes making a visible lump in the neck—a goiter. People with this condition suffer weight gain and sluggishness. In a pregnant woman, severe iodine deficiency can cause extreme and irreversible mental and physical retardation of the infant known as cretinism. In the United States, deficiency is rare.

Iodine is a powerful primary nutrient with broad medicinal effects and a hundred years ago it was used universally by most doctors. From 1900 to the 1960s almost every single U.S. physician used Lugol's iodine supplements in his or her practice for both hypo and hyperthyroid, as well as many, many other conditions all with excellent results. In fact, iodine was considered a panacea for all

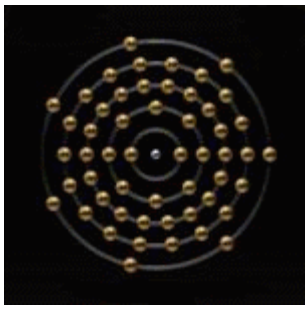
human ills. The Nobel laureate Dr. Albert Szent Györgi (1893-1986), the physician who discovered vitamin C, writes: “When I was a medical student, iodine in the form of KI (potassium iodide) was the universal medicine. Nobody knew what it did, but it did something and did something good.” Today we know what iodine does and how much it can help people but modern allopathic medicine is asleep at the switch letting people suffer and die for its lacking.

Iodine is a gatekeeper of mammary gland integrity.

“Breast, ovarian, and skin cysts—In addition to fixing almost all cases of breast cysts, iodine also has a remarkable healing effect on ovarian cysts,” says Dr. Robert Rowen. Though few know it, swollen ovaries is a condition analogous to goiter. Goiters often also result in a hormonal imbalance leading to hypothyroidism. In the case of polycystic ovary syndrome (PCOS), the starvation of the ovaries causes them to become cystic, swollen and eventually unable to regulate the synthesis of their hormones leading to imbalances and infertility. Russian studies, when investigating fibrocystic breast disease, also discovered that **the greater the iodine deficiency the greater the number of cysts in the ovaries**. Since 1928, the iodine concentration in the ovary has been known to be higher than in every other organ except the thyroid. Dr. Brownstein has found in his research with high doses of iodine that cysts on the ovaries became smaller and began to disappear. He also found that libido in women and men increased.

It takes 20 to 40 times the amount of Iodine needed to control breast cancer and fibrocystic disease than it does to prevent goiter.

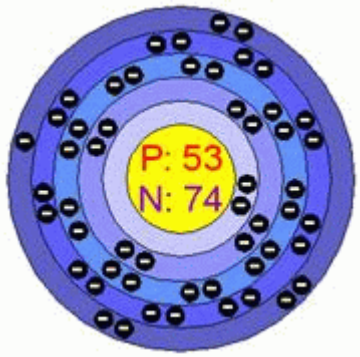
In sufficient amounts iodine can not only adjust a dysfunctional thyroid, it can assist with a host of glandular imbalances as well as a wide assortment of internal as well as external bacteria, fungi, and viruses. Iodine has many non-endocrine biologic effects, including the role it plays in the physiology of the inflammatory response. Iodides increase the movement of granulocytes into areas of inflammation and improve the phagocytosis of bacteria by granulocytes and the ability of granulocytes to kill bacteria.[1]



Dr. Robert Rowen informs that iodine reduces the activity of lipoprotein(a). When elevated, this protein can lead to excessive blood clotting and vascular disease. Iodine has been used successfully in headaches, keloid formation, parotid duct stones, and Dupuytren's and Peyronie's contractures. Doses up to six times the RDA have been used safely for months to combat the excessive mucous in chronic lung diseases. He also states that iodine is found in large amounts in the brain (including the parts of the brain associated with Parkinson's disease) and the ciliary body of the eye, a possible factor in glaucoma.

"One 1860 French physician mistakenly gave a tincture of iodine when he meant to give digitalis to a woman with Graves' disease. She recovered within three weeks. When he discovered his mistake, he switched to digitalis, and her symptoms came back. He switched back to the iodine and achieved a remission," reported Dr. Rowen.

The occurrence of iodine deficiency in cardiovascular disease is frequent. The thyroid hormone deficiency on cardiovascular function can be characterized with decreased myocardial contractility and increased peripheral vascular resistance as well as with the changes in lipid metabolism. A study done with 42 patients with cardiovascular disease were divided into five subgroups on the ground of the presence of hypertension, congestive heart failure, cardiomyopathy, coronary dysfunction and arrhythmia. When urine concentrations were tested, the most decreased urine iodine concentration was detected in the subgroups with arrhythmia and congestive heart failure. An elevated TSH level was found by three patients and elevation in lipid metabolism (cholesterol, triglyceride) associated with all subgroups without arrhythmia. The researchers concluded that iodine supplementation might prevent the worsening effect of iodine deficiency on cardiovascular disease.[2]



Iodine made its leap into medical history when a Swiss physician, Dr. Jean François Condet announced that iodine could reduce goiters (enlarged thyroids). At this moment, modern medical science was born because for the first time we have a specific disorder that is relieved by a specific treatment. It is most ironic to note that the very first step of allopathic medicine was into nutritional not

chemical medicine with iodine being a common mineral from the sea.

The required daily amount (RDA) of iodine is just enough to keep our thyroids from expanding, just as the RDA of vitamin C today is just enough to keep us free of scurvy, but not enough to prevent pre-scurvy syndromes or cardiovascular disease.

"We placed an 83-year-old woman on orthoiodosupplementation for six months at 50 mgs of elemental iodine daily. She experienced a tremendous increase in energy, endurance, wellbeing, and memory. At six months all her skin peeled off and was replaced by new, younger-looking skin. She was flabbergasted and amazed at her new appearance. In our experience older women (especially over 65) noticed a major difference both physically and mentally," wrote Dr. Guy Abraham, an endocrinologist who today is providing the backbone of the movement back toward the use of iodine as an essential safe and effective medicine.

Breast tissue has an affinity for iodine. Iodine deficiency causes fibrocystic breast disease with nodules, cyst enlargement, pain and scar tissue.

Drs. Abraham, Flechas and Brownstein tested more than 4,000 patients taking iodine in daily doses ranging from 12.5 to 50 mg, and in those with diabetes, up to 100 mg a day. These investigators found that "iodine does indeed reverse fibrocystic disease; their diabetic patients require less insulin; hypothyroid patients, less thyroid medication; symptoms of fibromyalgia resolve, and patients with

migraine headaches stop having them." We can expect even better results when iodine is combined with magnesium chloride.

Most physicians and surgeons view iodine from a narrow perspective and this is one of the greatest tragedies of allopathic medicine. Most health officials are chemical terrorists in disguise as they ignore the toxic buildup going on in the general population and they have no intention of informing them what they can do about it. Mercury is a perfect case in point. Mercury is toxic from whatever source it arrives into our bodies but doctors and dentists still insist on using it, which puts us solidly in the modern age of medical and dental barbarism. We like to think we are an advanced race of intelligent beings but lo and behold we find what are supposed to be the best and most intelligent of us poisoning young and old alike with mercury. It is beyond criminality what they are doing and what they are denying.

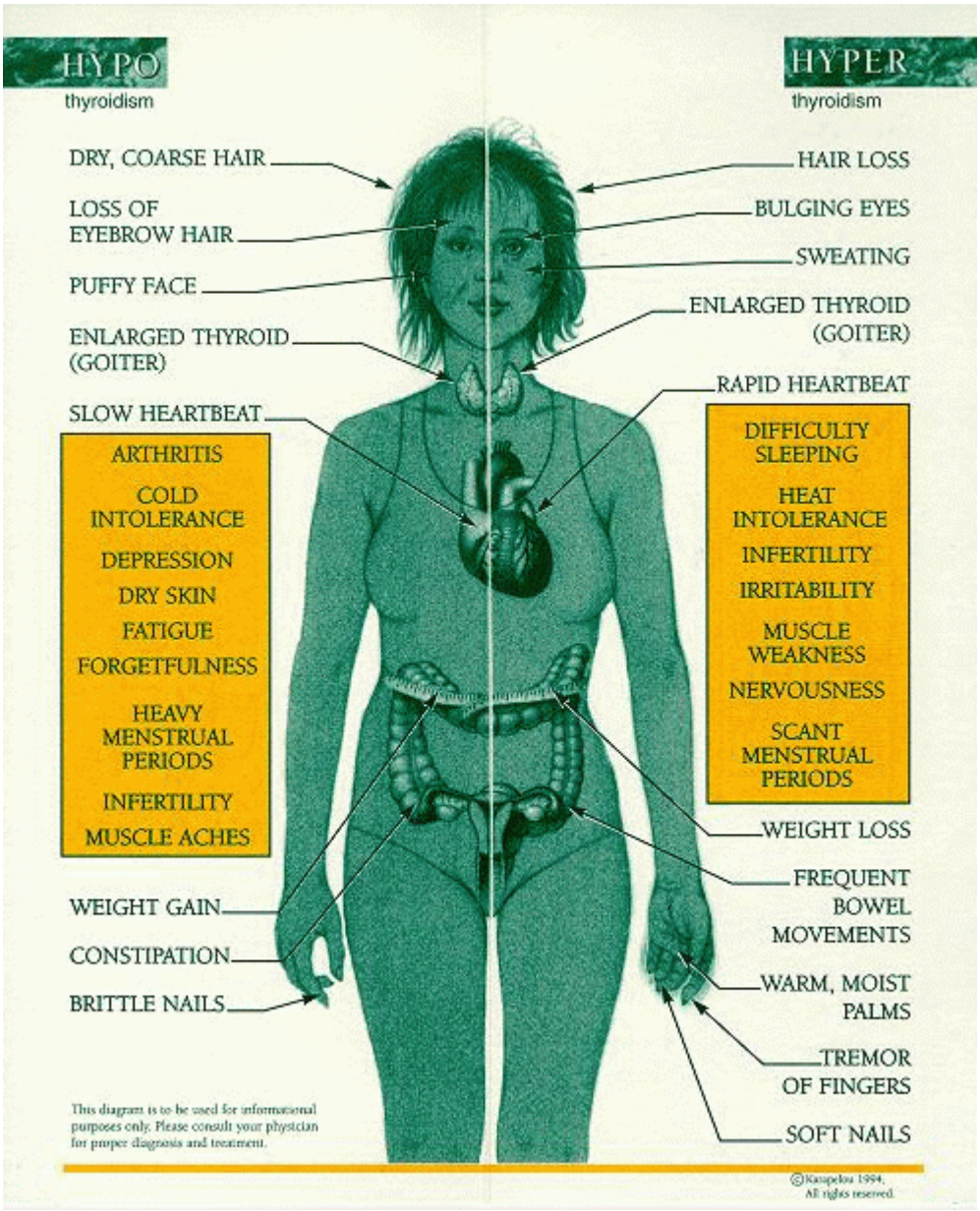
On top of everything these same health officials do not even have an understanding of the basic medicines already in use, like iodine, magnesium chloride, and sodium bicarbonate, all emergency room substances that save peoples' lives everyday. To most doctors iodine is an antiseptic that disinfects drinking water and prevents surgical wound infections, and the thyroid gland needs it to make thyroid hormones—and that's it. But Dr. George Flechas relates that many of his diabetic patients need lowering of insulin dosage and diabetic drugs after repletion of iodine deficiency and others have observed the same thing. Something is dangling itself before our very eyes, a medical mystery that will enlighten us about our ignorance about how important minerals are for life. Both general and medical scientists can explain why diabetics and others benefit so greatly from heavy iodine supplementation, but will allopathic medical officials listen? Don't count on it.

Iodine is utilized by every hormone receptor in the body. The absence of iodine causes a hormonal dysfunction that can be seen with practically every hormone inside the body.

- Dr. George Flechas

This, in part, would already start to explain why Dr. Flechas sees such dramatic results with his diabetic patients. Why would many people who take iodine report that they have a greater sense of wellbeing, increased energy, and a lifting of brain fog? They feel warmer in cold environments, need somewhat less sleep, improved skin complexion, and have more regular bowel movements. The most obvious answer is that **iodine is a trace mineral used to synthesize hormones** and is a mineral that is very important to how hormones function at the **hormone receptor sites**.

Thyroxin and triiodothyronine stimulates and maintains normal heart rate, blood pressure and body temperature.[3] "Despite the general medical dependence upon special hormone tests, such as TSH, etc., temperature appears to be much more accurate for assessing thyroid function. During the past decade, I have noticed that 90% of individuals have a temperature BELOW normal. The oral temperature before getting out of bed in the morning should be 97.6° F or higher. Mid-afternoon the temperature should be 98.6. Temperature is the simplest measure of basal metabolic rate, the key function of the thyroid gland," said Dr. Norman Shealy, who suggests iodine dosages of 1500 micrograms daily for 4-6 weeks. If basal temperature comes to normal, lower the iodine dosage to 600 mcg daily.



Iodine's ability to revive hormonal sensitivity seems to significantly improve insulin sensitivity.

Dr. Flechas said:

> It was while treating a large 320-pound woman with insulin dependent diabetes that we learned a valuable lesson regarding the role of iodine in hormone receptor function.

This woman had come in via the emergency room with a very high random blood sugar of 1,380 mg/dl. She was then started on insulin during her hospitalization and was instructed on the use of a home glucometer. She was to use her glucometer two times per day. Two weeks later on her return office visit for a checkup of her insulin dependent diabetes she was informed that during her hospital physical examination she was noted to have FBD (fibrocystic breast disease). She was recommended to start on 50 mg of iodine (4 tablets) at that time.

One week later she called us requesting to lower the level of insulin due to having problems with hypoglycemia. She was told to continue to drop her insulin levels as long as she was experiencing hypoglycemia and to monitor her blood sugars carefully with her glucometer. Four weeks later during an office visit her glucometer was downloaded to my office computer, which showed her to have an average random blood sugar of 98. I praised the patient for her diligent efforts to control her diet and her good work at keeping her sugars under control with the insulin. She then informed me that she had come off her insulin three weeks earlier and had not been taking any medications to lower her blood sugar. When asked what she felt the big change was, she felt that her diabetes was under better control due to the use of iodine.

Increased metabolic rate increases the need for iodine. If a person is not getting enough iodine and is on thyroid meds, they will become more deficient.

Dr. Fletchas[4] reported that two years later and 70 pounds lighter this above patient continues to have excellent glucose control on iodine 50 mg per day. "We since have done a study of 12 diabetics and in six cases we were able to wean all of these patients off of medications for their diabetes. The range of daily iodine intake was from 50-100 mg per day. **All diabetic patients were able to lower the total amount of medications necessary to control their diabetes**."

A lack of iodine in the skin manifests as very dry skin and skin that does not sweat when an individual becomes hot.

- Dr. Jorge D. Flechas

Everyone agrees that a lack of iodine in the diet causes a spectrum of disorders that includes, in increasing order of severity, goiter and hypothyroidism, mental retardation, and cretinism (severe mental retardation accompanied by physical deformities). Iodine-deficient humans, like endemic cretins, suffer physical, neurological, mental, immune and reproductive diseases. Iodine is important in the proper function of the nervous system and Dr. S. Cunnane[5] suggests that, "**iodine is the primary brain selective nutrient in human brain evolution**."

Iodine deficiency is a major cause of under-functioning intellect.[6] Dr. Flechas agrees, "In newborn children iodine is responsible for the development of the babies' I.Q. Recent research shows iodine deficiency is felt to be the source of attention deficit disorder in children." We have an absolute epidemic of autism in this country," said Representative Dan Burton (R-Indiana). "Parents and doctors are struggling to find appropriate treatment options." What

help iodine can be to neurological damaged children has not been explored yet but iodine and magnesium logically should be some of the first things parents should reach for. We certainly will find science to create a foundation for the use of iodine before, during and after pregnancy.

Deficiency of iodine seems to cause more damage in developing embryos and in fact, in pregnant women iodine deficiency causes abortions and stillborns.[7] It is not cretinism alone that holds risks from deficiency, but the very survival of the infant itself. Adequate iodine may also provide protection from infection and vaccine damage. In a study done on 617 infants between the ages of six weeks and six months, in an iodine-deficient area, it was shown that with the addition of 100 mg of iodine oil to the diet of newborns, the death rate of infants was markedly lower than for those without any supplementation.[8]

Magnesium and iodine deficiencies are the causes of autoimmune thyroiditis, not excess iodide.

Iodine deficiency poses significant additional reproductive risks, including overt hypothyroidism and infertility. Hypothyroidism causes anovulation, infertility, and gestational hypertension.[9] Adequate tissue iodine helps guide estrogen into friendly pathways that support proper function of female sex hormones. Iodine contributes to the formation of testosterone. In women this supports healthy sex drive. In men, testosterone is vital to function.

Dr. Flechas says:

> Iodine is my drug of choice. I use it for everything. I raise my kids and now my grandkids on iodine. My son was due to have his tonsils removed and I decided to paint his tonsils and he has never been had any more problems with his throat. I took a spray bottle and poured some iodine into the bottle and sprayed his tonsils. As you may know iodine dries quickly, so he didn't really swallow any. It worked within 24 hours after spraying the throat.

According to Dr. John Myer, iodine has a marked effect on muscle contraction directly. It relieves cramps of the leg muscles known as "charley horses". It also relieves pain in the pericardium, which he believes is similar contraction of the heart muscles, and it has a remarkable effect on muscle energy and contraction of all muscles of the body. Dr. Myer also asserts that iodine plays a decisive and critical role in the lymph system and in the lymph glands. Swollen sub maxillary glands known as "waxen kernels" to our parents and grandparents, will soften and regress within minutes after allowing iodized lime to dissolve in the mouth.

> I tried Iodoral for 10 days. I began with the full 50 mg and did this for five days. I felt very bad the whole time, had skin eruptions and a light reddish rash on my face, depressed, considerable sneezing and finally ended up with a sinus headache that was close to a migraine. And this was after cutting back to 25 mg/day. When I stopped, I immediately felt better.

One can take too much iodine especially if one has an already established thyroid disorder. The thyroid, when it makes thyroid hormones, "roasts" the iodine chemically to a form suitable for

incorporation into thyroid hormones. This process is intrinsically mutagenic since it involves hydrogen peroxide. If you increase iodine without a sufficient background of other minerals, especially selenium, and you have high biofilm toxins, then you can severely increase the mutagenicity that the thyroid generates as part of its thyroid hormone-making operation.

Iodine in combination with selenium increases the activities of type 1 deiodinase (D1) and glutathione peroxidase (GSHPx).[10] When one combines the intake of iodine with other minerals, one can expect strong and positive changes in cell physiology. Iodine with magnesium, with the help of natural chelation will resolve tough, stubborn problems that resist other treatments. Dr. Linus Pauling's "orthomolecular medicine," which refers to the concept of creating the optimal molecular environment in the body (orthomolecular means "the right molecules"), should have become the foundational cornerstone for medicine but sadly was replaced by a system that massively destroys peoples' life and health with pharmaceutical poisons. Allopaths live with the illusion that the dose makes the poison meaning they are always assuming that there is too little poison in their medicines to do harm. We are just beginning to find out how tragically wrong they have been and the staggering cost in terms of lives lost because of this mistake.

Iodine and/or selenium deficiency may modify the distribution and the homeostasis of other minerals.[11]

Running our bodies without sufficient minerals is like running a car without oil. Our engines of cellular life begin to seize up especially quickly today because of all the impurities in our food, air, water and

medical and dental drugs and substances. Minerals are powerful medicines exactly because they directly touch upon and effect vital body physiology.

One might go as far as imagining that there might even be a conspiracy to keep us iodine deficient, because if we are iodine deficient our will to resist is diminished, our apparent intellect, energy and vitality are all diminished and we are significantly more vulnerable to thyroid malfunction, endocrine/hormonal imbalances, breast cancer, ovarian cancer and prostate cancer. Many fine physicians are wondering why the RDA for iodine would be set so low, and why would many of the former sources of iodine be diminished or removed and replaced with things like bromides and fluorides that deplete iodine and offer no worthwhile compensation for the replacement.

Dr. Daniel H. Duffy uses some very harsh but deserved words while asking some clear questions about iodine:

> Isn't it odd that the government dispenses iodine to protect against radioactive iodine resulting from a nuclear disaster when the medical quacks are dumping the same type of radioactive iodine into patients with thyroid problems in a stupid attempt to "cure" thyroid "disease" caused by a lack of elemental iodine in its natural state found in nature? Nature's iodine protects our thyroid glands from taking up biologically destructive, radioactive iodine, yet the medical quacks use similar radioactive iodine to destroy our thyroid glands! Why did doctors quit using Lugol's solution, the sure cure for thyroid disease? Why did the medical quacks bring in anti-thyroid drugs and goitrogens to kill the thyroid gland when iodine was being used so successfully for so long?

President Franklin D. Roosevelt once said, "Nothing in government and politics happens by accident; you can bet if something happened it was well planned." J. Edgar Hoover said: "The individual is handicapped by coming face-to-face with a conspiracy so monstrous he cannot believe it exists." When it comes to iodine, suspect the worst from top government health officials who only seem to want to poison the public. What can one say about an FDA that, for example continues to assert the safety of aspartame when scientists around the world are finding it to be the worst food additive ever used? Now that there is an iodine revival going on, expect the FDA to clamp down on its availability.

Orthoiodosupplementation should be part of a complete nutritional program, emphasizing magnesium instead of calcium.

- Dr. Guy Abraham

Orthoiodosupplementation employs elemental iodine supplements until the thyroid gland and all other iodine-sensitive sites in the body have reached iodine sufficiency. In reality there is no reason to fear iodine if approached with reason and a slight bit of caution[12] for it will stimulate a detoxification process of heavy metals, especially of halogens. All doctors used iodine a hundred years ago and the best ones are still using it today.

Every 17 minutes, every drop of blood in our body flushes through our thyroid, and if our thyroid has an adequate supply of iodine, blood-borne bacteria and viruses are killed off as the blood passes through the thyroid.

We are just beginning to rediscover the amazing curative powers of iodine. While it may not be the panacea that old-timers have claimed it to be when used alone, when combined with magnesium chloride, ALA, and in the special case of cancer, with sodium bicarbonate, we will find something quite extraordinary. My books *Survival Medicine for the 21st Century* and *Winning the War on Cancer* contains a revolutionary protocol for breast cancer that includes magnesium chloride, iodine and sodium bicarbonate. These three emergency room medicines when combined and used correctly will

revolutionize the field of oncology but will threaten the pharmaceutical industry whose profits will suffer enormously from the widespread use of these inexpensive, safe and effective nutritional medicines.

The medical truth is obvious to anyone wanting to see it, but most of the time it does not line up with conventional thinking. Hopefully someday medical science will catch up to the obvious. As is clearly shown in my book, *Transdermal Magnesium Therapy*, the research is already there validating magnesium chloride to be the number one heavyweight champion of the medical world able to save lives with a single bound in emergency situations, and combining it with other basic nutritional substances concentrated for medical purposes is the answer we are looking for to protect ourselves and loved ones in his present age of toxicity.

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[1] Stone OJ (1988) The role of the primitive sea in the natural selection of iodides as a regulating factor in inflammation. Med Hypotheses. 25:125-129

[2] [Iodine deficiency in cardiovascular diseases]; Molnar I, Magyari M, Stief L.Orv Hetil. 1998 Aug 30;139(35):2071-3.

[3] www.sirinet.net/~jgjohnso/endoreview.html

[4] Orthoiodosupplementation in a Primary Care Practice; Jorge Fleches, M.D.

www.optimox.com/pics/Iodine/IOD-10/IOD_10.htm

[5] Cunnane SC (2005) Survival of the Fattest: The Key to Human Brain Evolution. World Scientific Publishing Company (Hardcover)

[6] J Clin Endocr and Met 1998; 83:3401-08

[7] Dunn JT, Delange F (2001) Damaged reproduction: the most important consequence of iodine deficiency. J Clin Endocrinol Metab 8:2360-3

[8] Infant Survival Is Improved by Oral Iodine Supplementation*;* *Cobra et al; The Journal of Nutrition Vol.* 127 No. 4 April 1997, pp. 574-578

jn.nutrition.org/cgi/content/abstract/127/4/574

[9] Damaged Reproduction: The Most Important Consequence of Iodine Deficiency; Dunn and Delange 86 (6): 2360. (2001)

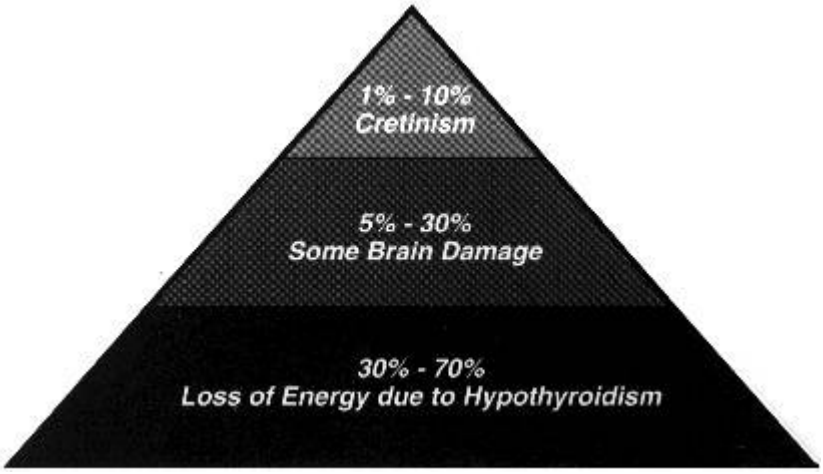
jcem.endojournals.org/cgi/reprint/86/6/2360

[10] Department of Nutrition and Food Hygiene, School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, Wuhan 430030, People's Republic of China. Biol Trace Elem Res. 2006 Summer;111(1-3):229-38.

[11] Tissue distribution of Fe, Mn, Cu, and Zn, the essential trace elements associated with oxidant and/or antioxidant processes, was examined in iodine- and/or selenium-deficient rats. Biol Trace Elem Res. 2003 Dec;95(3):247-58 Entrez Pubmed

[12] Iodine therapy is not as completely free from side effects as magnesium is but compared to medical treatments, thyroid drugs, and all the rest, iodine is very safe. Simply proceed with caution, follow directions vigilantly, and carefully monitor your results. It is always best to use a high quality iodine supplement and to start with low dosages and work the dosages up slowly.

Iodine Deficiency



The most common statement you will find on many sites about iodine is, “Iodine deficiency is rare because in most countries iodine (as iodide) is added to commercial table salt.” What they do not say is that the added iodine evaporates quickly from the salt leaving only trace amounts. In 1999, global health experts announced that iodine deficiency continues to be a serious threat to global health. Insufficient iodine is, in fact, considered the most common—yet also the most preventable—cause of brain damage throughout the world, with 1.6 billion people at risk.

When iodine is deficient, the thyroid gland enlarges, forming a goiter as it attempts to capture more iodine for the production of thyroid hormones. Iodine deficiency causes the same symptoms as an underactive thyroid gland (hypothyroidism) (see “Thyroid Gland Disorders: Hypothyroidism”). In adults, such symptoms include puffy skin, a hoarse voice, impaired mental function, dry and scaly skin, sparse and coarse hair, and weight gain. If a pregnant woman has this deficiency, the growth and brain development of the fetus

may be abnormal. Unless the baby is treated soon after birth, mental retardation with short stature (cretinism) develops. If a nuclear radiation accident occurs, iodine deficiency increases the risk of thyroid cancer in children because the deficient thyroid gland collects the radioactive iodine.

Children with iodine deficiency and its resulting hypothyroidism suffer from stunted growth, with mental retardation and problems in movement, speech or hearing. Iodine deficiency is the single most common cause of preventable mental retardation and brain damage in the world. Iodine deficiency also decreases child survival. Iodine deficiency in pregnant women causes miscarriages, stillbirths, and other complications. Children with IDD can grow up stunted, apathetic, mentally retarded, and incapable of normal movements, speech, or hearing.[1]

A goiter may result from a lack of iodine in the diet. If the goiter arises from a deficiency of iodine in the food or water of a particular area, it's called an endemic goiter. Associated signs and symptoms of an endemic goiter include dysphagia, dyspnea, and tracheal deviation.

Iodine deficiency was once considered a minor problem, causing goiter, an unsightly but seemingly benign cosmetic blemish. However, it is now known that the effects on the developing brain are much more deadly and constitute a threat to the social and economic development of many countries. Low amounts of thyroid hormones in the blood, due to lack of iodine to make them, give rise to high levels of the pituitary hormone TSH, which in turn stimulate abnormal growth of the thyroid gland, sometimes causing goiters.

Iodine deficiency is the leading cause of mental retardation, producing typical reductions in IQ of 10-15 points. It has been speculated that deficiency of iodine and other micronutrients may be a possible factor in observed differences in IQ between ethnic groups.

Cretinism is a condition associated with iodine deficiency and goiter, commonly characterized by mental deficiency, deaf-mutism, squint, disorders of stance and gait, stunted growth and hypothyroidism. Paracelsus was the first to point out the relation between goitrous parents and mentally retarded children. As a result of restricted diet, isolation, intermarriage, etc., as well as low iodine content in their food, children often had peculiar stunted bodies and retarded mental faculties, a condition later known to be associated with thyroid deficiency. Diderot in his 1754 *Encyclopédie* described these patients as “crétins”. In French, the term “crétin des Alpes” also became current, since the condition was observed in remote valleys of the Alps in particular. The word cretin appeared in English in 1779.

When the medical establishment calculates iodine deficiency they are only looking at enough iodine to prevent goiter. They are not calculating in the least the health benefits of much higher doses of iodine. Iodine is a mineral that is exceptionally useful to overall body physiology and belongs in anyone’s list of supplements that helps avoid cancer.

Dr. Donald Miller, Jr. reports:

> People in the U.S. consume an average 240 micrograms (µg) of iodine a day. In contrast, people in Japan consume more than 12 milligrams (mg) of iodine a day (12,000 µg), a 50-fold greater amount. They eat seaweed, which includes brown

algae (kelp), red algae (nori sheets with sushi), and green algae (chlorella). Compared to terrestrial plants, which contain only trace amounts of iodine (0.001 mg/gm), these marine plants have high concentrations of this nutrient (0.5-8.0 mg/gm). When studied in 1964, Japanese seaweed consumption was found to be 4.5 grams a day and that eaten had a measured iodine concentration of 3.1 mg/gm of seaweed (= 13.8 mg of iodine). According to public health officials, mainland Japanese now consume 14.5 gm of seaweed a day (= 45 mg of iodine, if its iodine content, not measured, remains unchanged). Researchers have determined that residents on the coast of Hokkaido eat a quantity of seaweed sufficient to provide a daily iodine intake of 200 mg a day. Saltwater fish and shellfish contain iodine, but one would have to eat 15-25 pounds of fish to get 12 mg of iodine.

The Wolff-Chaikoff effect, a temporary inhibition of thyroid hormone synthesis that supposedly occurs with increased iodine intake, is of no clinical significance. And an elevated TSH, when it occurs, is "subclinical." This means that no signs or symptoms of hypothyroidism accompany its rise. Some people taking milligram doses of iodine, usually more than 50 mg a day, develop mild swelling of the thyroid gland without symptoms. The vast majority of people, 98-99 percent, can take iodine in doses ranging from 10 to 200 mg a day without any clinically adverse affects on thyroid function.

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[1] www.iccidd.org/pages/iodine-deficiency.php

Iodine Phobia

Absurdities in Medical Science

Iodine deficiency is thought to be the most common cause of hypothyroidism and the one true cause of goiters. Once researchers realized this many decades ago, health authorities around the world began adding iodine to table salt. But interestingly allopathic medical science is now saying that in countries where iodine has been added to highly processed table salt, the rates of autoimmune thyroid disease have risen.

Though there are several studies[1] from around the world that support this conclusion, one of the principle studies was published in the *European Journal of Endocrinology* asserting this without any attention to or control of the toxicity of the salt itself, selenium status of the studies' participants, or the danger that water fluoridation potentiates for the thyroid. These factors and others are involved in thyroid and autoimmune diseases; mercury is an especially

dangerous thyroid poison in this regard. So is bromide, and they are putting more bromide than ever in bread.

> *Iodine deficiency we get is partly a result of toxicity from fluoride and bromine. Bread has ten times more bromine in it now than it used to and the sources of fluorine are nearly ubiquitous today. So who does not need iodine? I find that nearly everyone needs more than they are getting.*
>
> *- Dr. Garry F. Gordon*

Contamination from chemicals and heavy metals has cumulative effects such as weakening the immune system. **When heavy metals are found on the receptor sites of the thyroid they literally invite the immune system to strike out against thyroid cells**. The immune system produces thyroid antibodies in seek-out-and-destroy missions against these foreign substances. Depending on the specific subtype, thyroid antibodies can destroy thyroid cells, cause thyroid inflammation, or cause thyroid cells to produce excess thyroid hormone.

> *Selenium is necessary for the conversion of T4 to T3. (Incomplete conversion results in high levels of reverse T3, an inactive hormone.) Selenium has also been shown to reduce autoimmunity against the thyroid (i.e. to treat the underlying cause of Hashimoto's thyroid disease).*[2]

Studies have documented that mercury causes hypothyroidism,[3] damage of thyroid RNA, autoimmune thyroiditis,[4],[5],[6] and impairment of conversion of thyroid T4 hormone to the active T3 form. These studies along with clinical experience indicate that exposure to mercury and/or toxic metals appears to be the most common cause of hypothyroidism and the majority of patients treated with metal detoxification recover or significantly improve.[7]

> **Manmade sources of mercury:** dental amalgams, thimerosal in vaccines, mining of silver, coal-fired electrical plants, municipal incinerators, crematoriums, curing of plastics, fireworks (pharoah's serpents and bengal green lights), anatomical specimen preservatives, fungicides and pesticides (golf courses), laboratory tests in slide preparations and reagents, certain drugs, thermometers, fluorescent lights, certain button-sized batteries, and more.

As far back as the early 1920s, Dr. Leon Goldemberg showed that fluoride was displacing iodine, rendering the community hypothyroid from iodine deficiency. The thyroid-stimulating hormone output from the pituitary gland is inhibited by fluoride, thus reducing output of thyroid hormones. Fluoride competes for the receptor sites on the thyroid gland and so do mercury and bromide. This contamination might also invite an autoimmune response.

Byron Richards writes:

> Adequate iodine is also needed to block various compounds from binding to and accumulating in the thyroid gland (fluoride, perchlorate, goitrogens in food). Problems with chemicals affecting the thyroid gland have been known about for decades. A recent Russian study showed that general

environmental pollution (of which the U.S. has plenty in every metropolitan area) significantly aggravates lack of iodine (meaning pollution displaces iodine in the human body).

European doctors used fluoride as a thyroid-suppressing medication for patients with HYPER-thyroidism (over-active thyroid). Fluoride was utilized because it was found to be effective at reducing the activity of the thyroid gland—even at doses as low as 2 mg/day.

Below we will examine a Brazilian scientific study that is already being used by doctors as a reason to fly as far away from iodine supplementation as possible. If certain people had their way they would now take all iodine out of salt, which is the only way the masses of humanity have access to supplemental iodine even if the dosages provided are far too low to protect the thyroid from the onslaught of chemical and heavy metal contamination. This of course would be very dangerous to future generations of children whose parents and environment are already extremely iodine deficient (except along coastal areas). It is just because of the vast contamination affecting everyone that the thyroid needs to be protected with increased levels of iodine.

During this past decade iodine concentrations in table salt have been slightly modified to be within the new official limits: 20-60 mg/kg salt. Previously these concentrations were in the 40-100 mg/kg range though there have been reports that salt advertised as containing iodine actually had none.

In the study,[8] in 45.6% of the 1,085 randomly selected participants receiving iodine in their salt, iodine excretion was excessive (above 300 µg/l), and in 14.1%, it was higher than 400 µg/l. The prevalence of chronic autoimmune thyroiditis (CAT) (including atrophicthyroiditis) was 16.9% (183/1085); women were more affected than men (21.5% vs 9.1% respectively, P=0.02). Hypothyroidism was detected in 8.0% (87/1085) of the population with CAT. Hyperthyroidism was diagnosed in 3.3% of the individuals (36/1085), and goiter was identified in 3.1% (34/1085).

People thought to have certain immune system genes are seen to be more susceptible to developing thyroid disorders when they're exposed to certain environmental triggers. Up to 20% of the population has these genes although only about 4% of the population develops autoimmune thyroid disease (AITD).

Researchers concluded that five years of excessive iodine intake by the Brazilian population may have increased the prevalence of CAT and hypothyroidism in subjects genetically predisposed to thyroid autoimmune diseases. With this conclusion, easily-duped doctors have come out against iodine supplementation in any manner, shape or form for men, women and children of all dispositions.

Please pay careful attention anytime the medical community throws out these key words "genetically predisposed" because it often demonstrates an area of medicine they know very little about. Usually when doctors and medical scientists throw up genetic considerations, which they do all the time about autism, it's a red flag telling us they either don't know what they are talking about or they don't want to admit the real causes of a disease.

Iodine is a natural chelator of mercury, but most people consume nowhere near the amount needed for proper thyroid function and protection from mercury, fluoride, and other dangerous halogens.

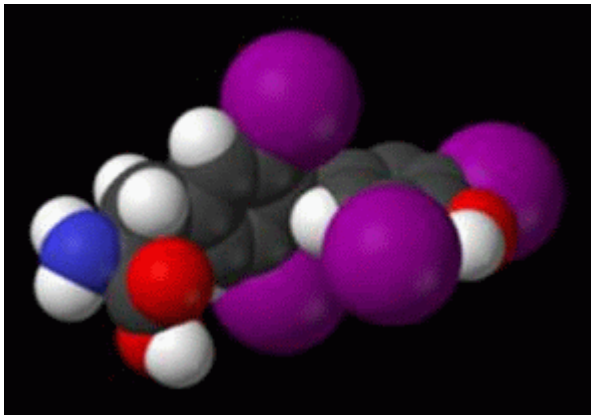
Let's examine the amount of iodine they are calling excessive. At 60 mg per kilogram we would have to calculate that easily about half of that would be lost to evaporation because table salt sitting out on the table, with iodine in it, would leach that iodine into the air, leaving, at best, 30 mg in a kilo. How long does it take for an average person to go through a kilo of salt? One could probably calculate approximately 180 days but let's cut that down to 90 days. At that rate we are talking about daily dosages below one mg per day of iodine supplementation, and perhaps as low as 500 micrograms (0.5 mg) or even much less. This compares with the average dietary intake by the Japanese population of 12.5 mg a day or the amount recommended by the "iodine doctors" of as much as 50-100 mg a day when they use it to treat cancer.

> I have Hashimoto's (10 yrs). Started taking Nascent iodine about six weeks ago. I also have started using transdermal magnesium. For some time now I have been using barley greens, and vitamins B, D, C and omegas. Since taking the Nascent iodine and magnesium I have improved. My muscle aches and pains and anxiety etc are so much better.
>
> Roswitha

There are now doctors who feel that patients with autoimmune thyroid disease (Hashimoto's and Graves') should not be taking iodine supplements. The real truth though is that this population

should not be taking *justany* iodine supplement and they should never be taking iodine without appropriate selenium and magnesium supplementation as well. As is usual with most minerals, organic (safe) iodine is found in much higher amounts in organic foods. The form in which we take minerals is mission critical. Most tinctures of iodine are toxic and not appropriate for oral consumption.

There are three forms or chemical structures of iodine. There is iodine in its atomic I1 form and then molecular I2 and I3 forms. One of the principle reasons why I recommend Nascent Iodine for oral consumption and the use of Lugol's only for transdermal use is that the Nascent iodine is in the I1 form plus it is much gentler to the taste buds and the stomach than the Lugol's when used orally. The I1 form is the form the body transforms most easily into thyroid hormone. There is a lot of conflicting information on the internet regarding the application of iodine in those with Hashimoto's. Dosage and form of iodine and a full supporting protocol as well as close medical supervision are especially important in these cases.



Thyroid hormone is composed of three or four atoms of iodine and one molecule of the amino acid tyrosine.

Most individuals with amalgam fillings or other exposures to mercury toxicity are not consuming natural chelators such as zinc, selenium, iodine, sulfur and silica that would bind to the free mercury to help excrete it. Mercury (usually with a +2 charge) can grab the biological spaces that should be filled by another essential mineral. As a result, there may be plenty of the minerals found in the blood, urine, hair, etc., but due to the displacement at the active sites, mercury interferes with the activity of and depletes these essential minerals.

> I've been severely hypothyroid for years, and diagnosed with Hashimoto's based on antibody tests. When I supplemented with iodine (initially via daily iodine-rich sea vegetable consumption and later via 12.5 mg Ioderal daily), my requirement for thyroid hormone supplementation decreased dramatically: so far, from 165 ug T4 per day to 100 ug T4 per day and still, apparently, dropping. These dose reductions were made by my endocrinologist based on both routine TSH and free T4 lab tests and my subjective feelings of wellness. There's no doubt I need far less T4 medication than I did before beginning iodine.

Doctors who are recoiling against decades of iodine supplementation and would rather leave the population exposed to worsening iodine deficiencies are playing a cruel game. Iodine is a mineral found in trace amounts throughout the body. **Iodine is extremely important since the cells need it to regulate their metabolism.** Without it, people are known to suffer from swollen glands in the throat, thyroid diseases, increased fluoride toxicity, decreased fertility rates, increased infant mortality rates, and (with severe deficiency) mental retardation. It has been theorized that

iodine deficiency is a causal factor of ADHD in babies of iodine-deficient mothers.

A typical reading from an encyclopedia suggests that **iodine deficiency slows all the systems of the body**: the digestive system becomes sluggish, nails grow more slowly, skin and hair become dry and dull, tendon reflexes stiffen, sensitivity to cold increases, and the pulse slows. Iodine helps form who we are to such an extent that a deficiency can lead to a dulling of the personality, deterioration of attention and memory, and an increase in irritability due to fatigue and extreme apathy. "The group we are most concerned about is pregnant women, who need more iodine anyway," says Dr. Robert Utiger, professor of medicine at Harvard Medical School. "There is the possibility of irreversible damage to the fetus if the mother is deficient." Utiger adds.

Yet many are still confused as to whether they should supplement if they have a low or underactive thyroid, or some type of thyroid condition such as hypothyroid, hyperthyroid, elevated thyroid autoantibodies, or Hashimoto's thyroiditis. No matter what the condition, a healthy thyroid system is crucial. A lack of iodine for the thyroid is a huge metabolic problem. How can anyone's body make energy if it is lacking the iodine to make thyroid hormone? Dr. David Brownstein, Dr. Jorge Flechas, Dr. Guy Abraham, Dr. Mark Starr, Dr. Garry Gordon and Dr. Michael Schachter are among the doctors who all recommend substantially higher amounts of iodine than the RDA.

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[1]

- Sri Lanka

- Turkey
- Brazil
- China
- Greece
- Azerbaijan

[2] Mazokopakis EE, et al. Effects of 12 Months Treatment with l-Selenomethionine on Serum Anti-TPO Levels in Patients with Hashimoto's Thyroiditis. Thyroid. 2007 Aug;17(7):609-12.

[3] Sin YM, Teh WF, Wong MK, Reddy PK - "Effect of Mercury on Glutathione and Thyroid Hormones" Bulletin of Environmental Contamination and Toxicology 44(4):616-622 (1990); & (b) J.Kawada et al, "Effects of inorganic and methyl mercury on thyroidal function," J Pharmacobiodyn, 1980, 3(3):149-59; &(c) Ghosh N. Thyrotoxicity of cadmium and mercury. Biomed Environ Sci 1992, 5(3): 236-40; & (d) Kabuto M - "Chronic effects of methylmercury on the urinary excretion of catecholamines and their responses to hypoglycemic stress" Arch Toxicol 65(2):164-7 (1991).

[4]Sterzl I, Prochazkova J, Stejskal VDM et al, Mercury and nickel allergy: risk factors in fatigue and autoimmunity. Neuroendocrinology Letters 1999; 20:221-228.www.melisa.org

[5]Sterzl I, Fucikova T, Zamrazil V.The fatigue syndrome in autoimmune thyroiditis with polyglandular activation of autoimmunity.VnitrniLekarstvi 1998; 44: 456-60.

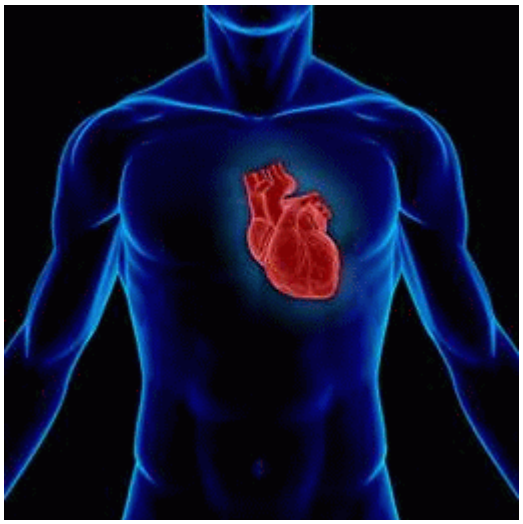
[6]Sterzl I, Hrda P, Prochazkova J, Bartova J, Reactions to metals in patients with chronic fatigue and autoimmune endocrinopathy. VnitrLek 1999 Sep; 45(9):527-31; & (c) The beneficial effect of amalgam replacement on health in patients with autoimmunity.

Prochazkova J, Sterzl I, Kucerova H, Bartova J, Stejskal VD; Neuro Endocrinol Lett. 2004 Jun; 25(3):211-8.

[7] www.flcv.com/hgrecovp.html

[8]Thyroid and the environment: exposure to excessive nutritional iodine increases the prevalence of thyroid disorders in São Paulo, Brazil DOI: 10.1530/EJE-08-0192 European Journal of Endocrinology, Vol 159, Issue 3, 293-299, Thyroid Unit (LIM-25) Division of Endocrinology, Department of Clinical Medicine, University of São Paulo Medical School.

Iodine and Heart Health



Courtesy of Scientific American

According to *Scientific American* physicians for decades have grappled with ways to block further tissue damage in patients who suffer heart attacks. They have tried everything from drugs to cell therapy—all with little luck. But promising new research indicates that a biogel made from seaweed may have the healing powers that have thus far eluded them. **Some of the principle healing agents in seaweed are magnesium, iodine, and selenium.**

Though the main theme of this book is iodine, there is another important mineral—selenium. **Selenium is not only crucial when using iodine but it addresses most directly the *Hun Hordes of Mercury* that are attacking heart tissues in massive amounts leading to cardiac arrest.** Mercury is a deadly cardiac poison whose best antidote is selenium—since they bind together making it easier for the body to remove the selenium-mercury compound.

Doctors and all health care practitioners need to be up on their minerals because we need them now more than ever. Minerals provide the foundations of our bodies as cement provides the support for most building foundations. We need to be acutely aware also of how the minerals work together and are dependent on each other for functioning at optimal levels. It is important that mineral interactions be taken into account when looking at iodine supplementation. A person with superior nutrient intake, especially of selenium, will be much more likely to respond well to higher intakes of iodine.

Seaweeds (iodine) have exceptional value in the treatment of Candida overgrowth. They contain selenium and (all the) other minerals necessary for rebuilding immunity; furthermore the rich iodine content is used by enzymes in the body to produce iodine-charged free radicals that deactivate yeasts.[1] Experiments have shown that k. japonica, edible seaweed, was able to transform inorganic selenium to organic selenium through metabolism. Seaweed was crucial in the evolution of life in that it was and still is responsible for concentrating iodine from the ocean. The Japanese eat more seaweed then anyone in the world and they enjoy some of the best health statistics for it.

Clinical cardiovascular features of hypothyroidism include: bradycardia, reduced cardiac output, increased pericardial and pleural effusions, increased diastolic blood pressure and peripheral vasoconstriction. According to Dr. Stephen A. Hoption Cann, Department of Health Care and Epidemiology, University of British Columbia, iodine deficiency can have deleterious effects on the cardiovascular system, and correspondingly, that a higher iodine intake may benefit cardiovascular function.[2]

Regional iodine intake has been shown to be associated with the prevalence of hypothyroidism and hyperthyroidism, where autoimmune hypothyroidism is the more common of the two in regions with moderate to high iodine intake. Both of these thyroid abnormalities have been shown to negatively affect cardiovascular function.

Selenium, an important antioxidant in the thyroid and involved in the metabolism of iodine-containing thyroid hormones, may play an interactive role in the development of these thyroid irregularities, and in turn, cardiovascular disease.

- Dr. Stephen A. Hoption Cann

Dr. Michael Donaldson says, "Iodine stabilizes the heart rhythm, lowers serum cholesterol, lowers blood pressure, and is known to make the blood thinner as well, judging by longer clotting times seen by clinicians. **Iodine is not only good for the cardiovascular system, it is vital.** Sufficient iodine is needed for a stable rhythmic heart beat. Iodine, directly or indirectly, can normalize serum cholesterol levels and normalize blood pressure. Iodine attaches to insulin receptors and improves glucose metabolism, which is good news for people with diabetes. Iodine and iodine-rich foods have long been used as a treatment for hypertension and cardiovascular disease; yet, modern randomized studies examining the effects of iodine on cardiovascular disease have not been carried out."[3]

Adequate iodine is necessary for proper thyroid function. The heart is a target organ for thyroid hormones. Marked changes occur

in cardiac function in patients with hypo- or hyperthyroidism.

The country of Finland is an excellent case study of cardiovascular disease and iodine, as reviewed by Dr. Cann. Endemic goiter was common in people and in domestic animals, particularly in the eastern part of Finland away from the sea. Studies in the 1950s revealed that the major dietary difference between eastern and western Finland was iodine. The risk of death from coronary heart disease was **3.5 times higher** for people with a goiter in Finland.[4]

> Thyroid hormone is an important regulator of cardiac function and cardiovascular hemodynamics. Triiodothyronine (T(3)), the physiologically active form of thyroid hormone, binds to nuclear receptor proteins and mediates the expression of several important cardiac genes, inducing transcription of the positively regulated genes including alpha-myosin heavy chain (MHC) and the sarcoplasmic reticulum calcium ATPase. [5]
>
> Negatively regulated genes include beta-MHC and phospholamban, which are down regulated in the presence of normal serum levels of thyroid hormone. T(3)-mediated effects on the systemic vasculature include relaxation of vascular smooth muscle resulting in decreased arterial resistance and diastolic blood pressure. In hyperthyroidism, cardiac contractility and cardiac output are enhanced and systemic vascular resistance is decreased, while in hypothyroidism, the opposite is true. Patients with subclinical hypothyroidism manifest many of the same cardiovascular changes, but to a lesser degree than that which occurs in overt

> hypothyroidism. **Cardiac disease states are sometimes associated with the low T(3) syndrome.**[6]
>
> The phenotype of the failing heart resembles that of the hypothyroid heart, both in cardiac physiology and in gene expression. Changes in serum T(3) levels in patients with chronic congestive heart failure are caused by alterations in thyroid hormone metabolism suggesting that patients may benefit from T(3) replacement in this setting.[7]

T(3) of course is iodine dependent so the relationship between iodine and heart disease gets clearer.

> *Iodine-containing thyroid hormones, thyroxine (T4) and triiodothyronine (T3), are important metabolic regulators of cardiovascular activity with the ability to exert action on cardiac myocytes, vascular smooth muscle, and endothelial cells.*
>
> *- Dr. Stephen A. Hoption Cann*

"Whole body sufficiency of iodine/iodide results in optimal cardiac functions," writes Dr. Guy Abraham.[8] There is an epidemic of cardiac arrhythmias and atrial fibrillation in this country and Dr. Abraham is convinced that the medical iodine phobia has a great deal to do with this phenomenon. Adequate stores of iodine are necessary for a smooth heartbeat.[9]

The thyroid hormone deficiency on cardiovascular function can be characterized with decreased myocardial contractility and increased peripheral vascular resistance as well as with the changes in lipid metabolism.[10]

Dr. B. West says:

> Iodine supplementation may be the missing link in a good percentage of heart arrhythmia cases, especially atrial fibrillation. The body needs adequate stores of iodine for the heart to beat smoothly. After close to a year now of using Iodine Fulfillment Therapy, I can attest to this fact. Most of the stubborn cases of cardiac arrhythmias and atrial fibrillation that we were unable to completely correct with our cardiac protocols have now been resolved with adequate supplies of iodine added to the protocol.[11]
>
> Amazingly, while medicine shuns iodine therapy, their most popular anti-fibrillation drug, Amiodarone, actually is iodine in a more toxic, sustained-release form. This drug can produce a smooth heartbeat when the body has accumulated about 1,500 mgs of iodine—the exact amount of iodine retained by your body when iodine fulfillment is achieved by natural supplementation with Prolamine iodine. Unfortunately, Amiodarone is an extremely toxic form of iodine used by the medical profession. The side effects are often too great (and even life threatening) for most people to endure long enough to achieve a normal heartbeat. In addition, once you stop this drug, your original problem returns. Iodine therapy, on the other hand, fulfills the body's needs safely, then maintains the smooth heartbeat with a low-maintenance dose.

Dr. Donaldson reminds us of the selenium iodine connection saying:

> Another factor in how much iodine can be safely used depends on other possible mineral deficiencies. Selenium is

very important for thyroid function. Selenium is part of the antioxidant enzyme glutathione peroxidase. Glutathione peroxidase in the thyroid helps quench free-radicals produced by the enzyme thyroid peroxidase (which functions to organify iodide as it enters the thyroid). If high levels of iodide are present in the thyroid without sufficient amounts of glutathione peroxidase it causes free-radical damage to the thyroid, leading to autoimmune thyroid disease. Several of the enzymes that convert T4 into T3 also require selenium. Studies in Zaire have found that supplementing selenium and iodine deficient children with just selenium had adverse effects on thyroid function.[12]

The selenium content in seaweed can bind with whatever mercury is present and render it harmless.

There are just some people who understand the basics of cellular medicine and act appropriately. Dr. John Young in Tampa, Florida has been experimenting with a new process for reversing metabolic syndrome and type 2 diabetes. Over the past seven years he claims to have a success rate of 80 percent with over 100 diabetes patients. Dr. Young **uses a combination of alkaline protein and minerals**

with a form of iodine that he says reverses the process in diabetes patients in eight to 12 weeks.

It's important to remember that diabetes and heart disease share similar etiologies. Whatever Dr. Young is doing for his diabetic patients, physicians can be doing for their heart patients. Iodine is critical to the heart and arterial system so we know it needs to be part of a fundamental protocol either in a preventative or a treatment sense.

Dr. George Flechas has found that iodine can reduce the need for insulin in diabetic patients, using 50-100 mg of iodine per day. Of 12 patients, six were able to completely come off their medications with random glucose readings below 100 mg/dl and a HbA1c less than 5.8 (normal), and the other six were able to reduce the amount and/or number of medications needed to control their diabetes.

There is a patient who had severe mitral valve prolapse. A 35-year-old banker who could not walk more than 20 metres without getting cyanosed. Five cardiologists and surgeons suggested open-heart surgery immediately. He decided against the surgery and went to the DaVinci Clinic in Cyprus to my colleague Dr. George Gorgiou. A central part of the pathology was severe mercury toxicity of the heart tissues—he removed 14 amalgams poisoning himself in the process which caused severe mitral valve prolapse. With the correct

treatment not only did this man survive but nearly a year later he is now wind surfing 12 miles at competition standard and came first two weeks ago in a race with two others. He is working a full life etc.

The patient actually has registered with the *Guiness Book of Records* as being the only man on this planet who has completely healed of severe mitral valve prolapse without open-heart surgery. Dr. Georgiou is a naturopathic doctor whose speciality is chelation of heavy metals. He has done research in Russia creating his own natural chelator called HMD. There are doctors out in the field who understand what is actually going on in cardiac patients and treat them in ways mainstream cardiologists don't even dream of. Basic to this man's treatment was magnesium, iodine and natural chelation with the HMD and other naturopathic support medicinals.

When I get the flu I run for the iodine and take strong doses of it every hour or two and it beat the invading devils, heads them off at the pass. I still get symptoms of cough and running nose but I do not feel or get what most people call "sick". I stay right on the edge for a day but each time I took the iodine I could feel it giving me strength. The only side effect was that my mind intensified in clarity, my sleep time was reduced and I woke up fresh and ready to run to my work. I just this moment said to one of my sons, who is suffering from the flu that he and I were both ignorant, meaning he did not think to take the iodine and until this week I never had for this purpose either. I have done so for my little children when they have gotten sick but there is nothing like firsthand experience.

I was using the Nascent Iodine,[13] which I believe is the safest and most effective of the iodine's available and for the children I would only use this. It is not as concentrated as Lugol's, even the newer watered down Lugol's, which is mostly what is available in the United States after some laws changed, is much stronger. I thus recommend Lugol's for transdermal iodine therapy. Many of the iodine doctors use Iodoral or Iosol and with these one can take iodine dosages up to very high levels safely. The Nascent is something different, having powerful effects at much lower dosages. Feeling it in one's mouth hour after hour gives one a sense of amazement about iodine.

Considering the importance of this element for overall wellbeing, it is most amazing that no study so far has attempted to answer the very important question about what the optimal amount of daily iodine intake should be for the greatest levels of mental and physical well-being in the majority of a population with a minimum of negative effects. The more one experiences iodine the higher ones estimate goes in this regard.

An important note that the CDC would not like you to know is that Russian researchers and experts in mercury have correlated the flu

with mercury toxicity more than with little bugs that crawl around inside of us. And behold, iodine chelates mercury as it does fluoride, bromide and even percolate, the halogen like rocket fuel polluting half of North America. In *The Ultimate Heart Medicine* book we see that mercury is a huge problem for heart muscles, which concentrate it to levels thousands of times higher than seen in other tissues.

Though iodine is known for its importance for the thyroid, little has been publicized about its other crucial roles. Iodine is needed in microgram amounts for the health of the thyroid on a daily basis but when you factor in the needs of all the other tissues and organs,[14] much higher doses are needed. Iodine supports the health of many organs in the body but for the heart it is mission critical, as is magnesium.

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[1] P. Pitchford, Healing with Whole Foods, Revised Edition, North Atlantic Books, 36, 1993.

[2] Journal of the American College of Nutrition, Vol. 25, No. 1, 1-11 (2006) Hypothesis: Dietary Iodine Intake in the Etiology of Cardiovascular Disease

[3] ibid

[4] Cann SAH. Hypothesis: dietary iodine intake in the etiology of cardiovascular disease. *J Am Coll Nutr* 2006;25(1):1-11.

[5] Thyroid hormone and the cardiovascular system. Danzi S, Klein I. Minerva Endocrinol. 2004 Sep;29(3):139-50. Review.

[6] ibid

[7] ibid

[8] The Original Internist, 12(2):57-66, 2005

[9] Health Alert, Vol. 22, No. 12

[10] Iodine deficiency in cardiovascular diseases Molnar I, Magyari M, Stief L. Orv Hetil. 1998 Aug 30;139(35):2071-3. Hungarian.

[11] Atrial Fibrillation, Arrhythmias and Iodine. West B Health Alert, June 2006, Volume 23, Issue 6

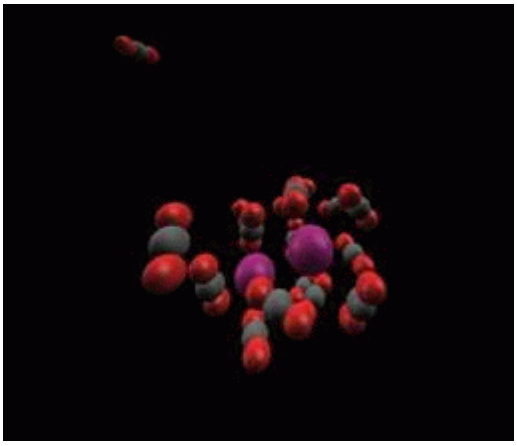
[12] www.hacres.com/diet/articles/Iodine.pdf

[13] www.magneticclay.com Toll Free (800) 257-3315

[14] Other organs are also able to take up iodine, too, by the same transport protein as the thyroid. Research has shown that the receptor for iodine uptake is in the thyroid gland, salivary gland, parotid gland, submandibular gland, pituitary gland, pancreas, testis, mammary gland, gastric mucosa, prostate, ovary, adrenal gland, heart, thymus, lung, bladder, kidney, endometrium, and also breast, ovary and colon and the lacrimal gland The ovaries hold the second highest concentration of iodine, after the thyroid. The breasts also have a high concentration of iodine. Most secretions in the body, whether gastric, nasal, tears, sweat, etc., have iodine in them if sufficient iodine is present in the body.

Iodine and Chelation

Heavy Metals and Halogens



Dr. Kellman of the Centre for Progressive Medicine in New York said:

> Once damage to the thyroid takes place it affects all the other organs—starting with digestion and absorption. **Toxins start accumulating in the system.** You can have an array of symptoms: heart disease and its complications, high homocysteine levels, poor circulation, weight gain/loss, no appetite or binge eating, bloating, fluid retention, skin problems, aching joints, low blood pressure, high cholesterol, low libido, hair loss, and sensitivity to cold.[1]

Iodine intake immediately increases the excretion of bromide, fluoride, and some heavy metals including mercury and lead. Bromide and fluoride are not removed by any other chelator or detoxifying technique.

Dr. Kenezy Gyula Korhaz states that iodine chelates heavy metals such as mercury, lead, cadmium, aluminum, and halogens such as fluoride and bromide, thus decreasing their iodine-inhibiting effects, [2] especially of the halogens. Iodine has the highest atomic weight of all the common halogens (126.9). Iodine is the only option when it comes to removing these toxic haloids from the thyroid and even the pineal gland where fluoride concentrates, especially when there is a deficiency in iodine in the body. In an age of increasing radioactivity and toxic poisoning specifically with fluoride,[3] chlorine, bromide, and even mercury, iodine is a necessary mineral to protect us from harm for immediately these toxic substances will start flowing out of the body in the urine.

Heavy metals are found throughout nature but we have opened Pandora's box by spreading these toxic metals throughout our environment and even injecting them directly into children's bodies and implanting them in their mouths. As levels of heavy metals rise in our air, water, and topsoil, they also rise within our bodies, contributing to chronic diseases, learning disorders, cancer, dementia, and premature aging.

The Environmental Working Group has published a devastating report entitled *Body Burden – The Pollution in Newborns*.[4] "U.S. industries manufacture and import approximately 75,000 chemicals, 3,000 of them at over a million pounds per year. Studies show that hundreds of industrial chemicals circulate in the blood of a baby in the womb, interacting in ways that are not fully understood. Many more pollutants are likely present in the womb, but test methods have yet to be developed that would allow health officials to comprehensively assess prenatal exposure to chemicals, or to ensure

that these exposures are safe. From a regulatory perspective, fetal exposure to industrial chemicals is quite literally out of control.[5]

The poisoning starts before conception.[6]

Humanity is traveling down a deadly path. Awaiting each and every child born on the planet is a life doomed to being poisoned. There is "overwhelming evidence that every child, no matter where in the world he or she is born, will be exposed, not only from birth, but from conception, to man-made chemicals that can undermine the child's ability to reach its fullest potential—chemicals that interfere with the natural chemicals that tell tissues how to develop and construct healthy, whole individuals according to the genes they inherited from their mothers and fathers," says Dr. Theo Colborn, Senior Program Scientist at the World Wildlife Fund. This chapter offers a hugely important answer, a guardian angel in chemical form that we can and actually have to use in the highly toxic age we are all living through. Every pregnant woman should be using iodine and magnesium chloride applied transdermally to initiate protective action from even before conception.

Heavy metals poison us by disrupting our cellular enzymes, which run on nutritional minerals such as magnesium, zinc, and selenium. **Toxic metals kick out the nutrients and bind their receptor sites, causing many diverse symptoms by affecting nerves, hormones, digestion, and immune function.** The heavy

metals most often implicated in human poisoning are lead, mercury, arsenic, and cadmium but uranium is playing catch up since depleted uranium became the favorite armament of the United States military. Once in the body, **they compete with and displace essential minerals such as iodine, zinc, copper, magnesium, and calcium, and interfere with organ system function**.

Nowhere is this process more evident than in the case of the halides, which are all antagonistic elements to iodine, meaning they will impede the absorption of iodine. Heavy metals get stored in the same receptors that are looking for iodine. Almost all of us are exposed to bromine and fluorine and are storing these toxic halides in our iodine-deficient receptors. The mechanism of iodine in the cells is very ancient and lacking of specificity; in fact, cells are not able to distinguish iodide from other anions of similar atomic or molecular size, which may act as "pseudo-iodides": bromide, flouride, chlorine, thiocyanate, cyanate, nitrate, pertechnate and perchlorate.[7]

In the 1960s iodine added to bread increased
the average daily intake 4-5 times RDA levels.

There was a time back in the 1960s when iodine was used as a dough conditioner in making bread, and each slice of bread contained 0.14 mg of iodine. Then they took the iodine out of the bread and some medical idiot substituted bromide, a bio-poison, in its place.[8] There are actually four halogens: iodine, bromine, fluorine and chlorine. All these halogens use the same receptors in the body. Therefore if a person's diet is deficient in iodine the iodine receptors in the thyroid and stomach, for example, may fill up with bromine which is common in grains, bleached flour, sodas, nuts and oils as well as several plant foods. Iodine is depleted by bromine, which is used as a

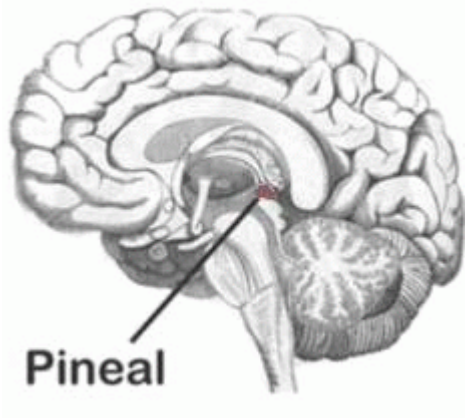
spray on fruits and vegetables, in baked goods, as a fumigant, and in Prozac, Paxil and many other pharmaceutical drugs. Chlorine, fluorine, and fluoride are chemically related to iodine, and compete with it, blocking iodine receptors in the thyroid gland.

Many of us are forced or conditioned to drink fluoridated water and also brush our teeth with fluoride. Could an iodine deficiency be related in some way to the current epidemic of hypothyroidism, breast, and prostate cancers? Are government health officials poisoning the public with fluoride and bromide, aspartame and mercury, and even with rocket fuel, just to name a few things? Yes this is exactly what they are doing and they are feeling quite defensive about it.

There is growing evidence that Americans would have better health and a lower incidence of cancer and fibrocystic disease of the breast if they consumed more iodine. A decrease in iodine intake coupled with an increased consumption of competing halogens, fluoride and bromide, has created an epidemic of iodine deficiencyin America.

- Dr. Donald Miller Jr.

Fluoride and Cancer



The human pineal gland contains the highest concentration of fluoride in the body. Fluoride is associated with depressed pineal melatonin synthesis and this depression increases one's chance of cancer.

Any agent that affects pineal function could affect human health in a variety of ways, including effects on sexual maturation, calcium metabolism, parathyroid function, postmenopausal osteoporosis, and cancer.

Dr. David Brownstein says that fluoride inhibits the ability of the thyroid gland to concentrate iodine and research has shown that **fluoride is much more toxic to the body when there is iodine deficiency present**. When iodine is supplemented, the excretion rate of the toxic halides bromide, fluoride and perchlorate is greatly enhanced. Brownstein says that after only one dose of iodine the excretion of fluoride increases by 78% and this is very important for those who are drinking fluoridated water or who are taking medicines with fluoride in them; bromide excretion rates increase by 50%. Our environment is loaded with the toxic halides, bromine and fluorine, and up to now we have had no way to detoxify the body of these thyroid poisons.

No chelation or detoxification protocol can afford to ignore iodine.

Over the last three decades (since 1980) bromine has contaminated our bread. Bromine blocks thyroid function and may interfere with the anticancer effect of iodine on the breast. Now, the risk for breast cancer is one in eight and increasing one percent per year. Chlorine also blocks iodine in the body, so chlorinated water (both drinking and bathing) should be avoided when possible. Iodine increases mobilization of bromine from storage sites with increased urinary excretion of bromide.[9] Elevated bromide levels were observed in urine and serum samples,[10] 20 times the levels reported in the literature in normal subjects.[11]

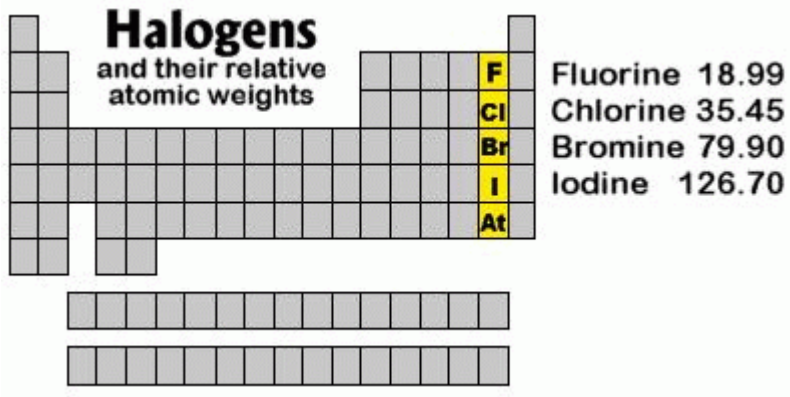
Patients who experience side effects while on iodine supplementation are often excreting large amounts of bromide in the urine.

Chloride competes with bromide at the renal level and increases the renal clearance of bromide[12] **thus magnesium chloride is ideal for magnesium supplementation.** Some patients require up to two years of iodine therapy to bring post loading urine bromide levels below 10 mg/24 hr, if chloride load is not included in the bromine detoxification program. Rapid mobilization of bromine from storage sites with orthoiodosupplementation combined with increased renal clearance of bromide with a chloride load often causes side effects. Increasing fluid intake and adding a complete nutritional program minimizes these side effects.

Dr. Abraham noted that in some patients the excretion of lead, cadmium and mercury increased several fold after only one day of iodine supplementation and that increased aluminum excretion was noted about a month after beginning supplementation. Orthoiodosupplementation induces a detoxification reaction in some patients with high bromide levels. The symptoms include increased body odor and cloudy urine. The body odor lasts one to two weeks, but the cloudy urine may last several months before clearing up. Side effects can be minimized by increasing fluid intake. Increased fluid facilitates the excretion of excess iodine and the bromides, fluorides and heavy metals that the iodine displaces. Dr. Abraham also reported that the administration of magnesium in daily amounts up to 1200 mg eliminated the body odor but not the cloudy urine.

Released bromide from storage sites can induce decreased thyroid function, bromide being a potent goitrogen.

Halogen Poisons



Iodine forms compounds with many elements, but is less reactive than the other members of its group VII (halogens) and has some metallic light reflectance.

The mechanism behind "halogen displacement" was probably best described by J. C. Jarvis, M.D. (*Folk Medicine*, Henry Holt & Co., 1958, HB, p. 136), who wrote:

> The clinical activity of any one of these four halogens is in inverse proportion to its atomic weight. This means that any one of the four can displace the element with a higher atomic weight, but cannot displace an element with a lower atomic weight. For example, flourine can displace chlorine, bromine and iodine because flourine has a lower atomic weight than the other three. Similarly, chlorine can displace bromine and iodine because they both have a higher atomic weight. Likewise, bromine can displace iodine from the body because iodine has a higher atomic weight. But a reverse order is not possible. A knowledge of this well-known chemical law brings us to a consideration of the addition of chlorine to our drinking water as a purifying agent. We secure a drinking water that is harmful to the body not because of its harmful

germ content but because the **chlorine content now causes the body to lose the much-needed iodine…**

We are quite convinced, based on our study,
that there is an association between cancer and
chlorinated water.
- Medical College of Wisconsin

Chlorine, which has been used extensively since 1904 to control microbes in public drinking water, belongs to the same class of elements as iodine: the “halogens”—or elements that are one step removed from the “inert elements” (or gases) because they have just one electron missing from their outer shell to make it inert (non-reactive). This makes them quite readily reactive.

Chloride (Cl) is an essential element for humans, animals and all plants. It is a component of common salt and found in seawater. The element exists in the plant soil system as the chloride anion Cl-. This must not be confused with other forms of the element such as chlorine gas (highly toxic and unstable), chlorine in swimming pools, hypochlorite (a sterilant and bactericide), hydrochloric acid (corrosive and dangerous liquid), etc. The chlorine put in your water will slowly kill you where the chloride in magnesium chloride will nourish.

"Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."

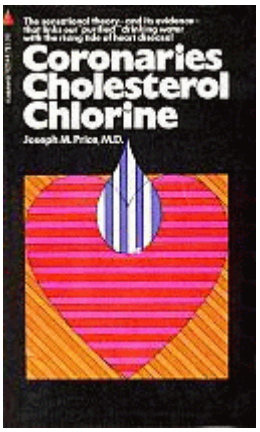
- U.S. Council of Environmental Quality

Chloride is an "essential" mineral for humans. It is abundant in ionic trace mineral preparations. It is a major mineral nutrient that occurs primarily in body fluids. Chloride is a prominent negatively charged ion of the blood where it represents 70 percent of the body's total negative ion content. On average, an adult human body contains approximately 115 grams of chloride, making up about 0.15 percent of total body weight.[13]

The mineral supplement chloride is very different from the gas chlorine. While elemental chlorine is a dangerous gas that does not exist in the free elemental state in nature because of its reactivity, it is widely distributed in combination with other elements. Chloride is a byproduct of the reaction between chlorine and an electrolyte, such as potassium, magnesium, or sodium, which are essential for human metabolism. Chloride salts are essential for sustaining human metabolism and have none of the effects of isolated chlorine gas.

Putting chlorine in the water supplies is like starting a time bomb. Cancer, heart trouble, premature senility—both mental and physical —are conditions attributable to chlorine-treated water supplies. It is making us grow old before our time by producing symptoms of aging such as hardening of the arteries. Chlorine is a toxic gas that irritates

the respiratory system. Always use care when opening a container of chlorine. Breathing in chlorine gas can knock you right out and could be fatal.



Nothing can negate the incontrovertible fact,
the basic cause of atherosclerosis and resulting entities such as heart attacks and stroke, is chlorine.
- Dr. Joseph Price

Coronaries, Cholesterol Chlorine

In the United States especially, people will want to note that **iodine also is protective and effective at eliminating perchlorate from the body.** Perchlorate, the explosive ingredient in solid rocket fuel that has leaked from military bases and defense and aerospace contractors' plants in at least 22 states, is contaminating drinking water, dairy milk, produce and many other foods and plants, affecting millions of Americans. In the past year, CDC scientists have found that a significant number of women are at risk of thyroid hormone depression from perchlorate exposure. Perchlorate impairs the thyroid's ability to take up iodide and produce hormones critical

to proper fetal and infant brain development. Further, studies show that breast milk may have even more worrisome levels of perchlorate.

> *The EPA's proposed safe exposure level for the rocket fuel contaminant perchlorate is not protective of public health. In the past year, CDC scientists have found that a significant number of women are at risk of thyroid hormone depression from perchlorate exposure.*[14]

The CDC/BU (Boston University) study,[15] which examined breast milk from 49 Boston area women, found that the average breast-fed infant in this study is being exposed to more than double the dose of perchlorate that the Environmental Protection Agency (EPA) considers safe; highly exposed babies are ingesting up to 10 times this amount. In a related 2006 study, the CDC found perchlorate in the urine of every one of 2,820 people tested, suggesting that food is a key route of exposure in addition to drinking water.[16] Applying the results of the CDC study to the California population, EWG estimates that at exposure to 5 ppb of perchlorate in drinking water, one in 10 California women of childbearing age with low iodine intake would be diagnosed as sub-clinically hypothyroid and require medical treatment when pregnant to protect themselves and their babies.[17]

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[1] W. S. Langford, AComprehensive Guide to Managing Autism, The Autism File Supplement, 2001.

[2] Sticht, G., Käferstein, H., Bromine. In Handbook on Toxicity of Inorganic Compounds - Seiler HG and Sigel, H Editors, Marcel Dekker Inc, 143-151, 1988.

[3] Fluoride is associated with cancer and it also accumulates in the thyroid as well as the pineal gland, an important hormone control center. Dr. Jennifer Luke's found out that the pineal gland which produces serotonin and melatonin was also a calcifying tissue, like the teeth and the bones, so she hypothesized it would concentrate fluoride to very high levels. Luke had 11 cadavers analyzed in the UK and found very high levels of fluoride in the calcium hydroxy apatite crystals produced by the gland. The average was 9000 ppm and went as high as 21,000 in one case. These levels are at, or higher, than fluoride levels in the bones of people suffering from skeletal fluorosis. Luke hypothesizes that one of the four enzymes needed to convert the amino acid tryptophan (from the diet) into melatonin is being inhibited by fluoride. Melatonin is reponsible for regulating all kinds of activities including the onset of puberty. It is thought that it is the fall of melatonin levels acts like a biological clock and triggers the onset of puberty. In her gerbil study she found that the high fluoride treated animals were reaching puberty earlier than the low fluoride ones. When one considers the seriousness of a possible interference by fluoride on a growing child's pineal gland (and for that matter, elderly pineal glands) it underlines the need for higher iodine intake to increase fluoride elimination.

[4] www.ewg.org/reports/bodyburden2/execsumm.php

[5] www.ewg.org/reports/bodyburden2/part4.php

[6] www.ewg.org/reports/bodyburden2/contentindex.php

[7] Wolff J (1964) Transport of iodide and other anions in the thyroid gland. Physiol Rev 44:45-90

[8] Bromide is an active and painful escharotic, a deodorant and an antiseptic, setting free ozone. Its vapor is highly irritant to the respiratory mucous membrane and the eyes, producing cough, hoarseness and dyspnoea. Internally, it is an active, corrosive poison, causing violent gastritis, depression and collapse. Bromides are pre-eminently depressants of the cerebral and spinal functions, also alterative, antispasmodic and hypnotic. The Potassium salt is especially a cardiac and muscular paralyzant. Bromides reduce the number of the respirations, and the heart's action and force; and though diminishing the calibre of the arterioles, they lower arterial tension. They lessen the activity of the brain cells, producing somnolence; diminish the sensibility of the peripheral nerves, causing anaesthesia of the skin and mucous membranes. They impair motility and the sexual function, cause great pallor and emaciation, lowered body-temperature, acne on the face and upper extremities, fetid breath, dysphagia, sluggish reflexes and defective coordination ; and if long continued may even impair the mental faculties, producing hallucinations in some cases, in others melancholia with suicidal tendency ; also incompetence of the sphincters and paralysis, beginning at the periphery and extending to the centres. The general result of their action is termed "Bromism," and is heralded by the acne and lowered faucial sensibility. It is probably due to the sedative influence of these agents on the sympathetic system, causing general anaemia of the brain, spinal cord, sexual organs, and skin. Differences in Action between the principal Bromides. More and author at this site:

www.henriettesherbal.com/eclectic/potter-comp/bromine.html

[9] Abraham, G.E., The historical background of the iodine project. The Original Internist, 12(2):57-66, 2005.

[10] Sangster, B., Blom, J.L., Sekhuis, V.M., et al, The Influence of Sodium Bromide in Man: A Study in Human Volunteers with Special Emphasis on the Endocrine and the Central Nervous System. Fd. Chem. Toxic., 21:409-419, 1983.

[11] Miller, M.E., Cappon, C.J., Anion-Exchange Chromatographic Determination of Bromide in Serum. Clin. Chem. 30(5):781-783, 1984.

[12] Rauws, A.G., Pharmacokinetics of Bromide Ion-An Overview. Fd. Chem. Toxic., 21:379-382, 1983

[13] Wesson LG. Physiology of the human kidney. New York, NY, Grune and Stratton, 1969: 591

[14] www.ewg.org/issues/perchlorate/20070425/index.php

[15] Breast Milk Iodine and Perchlorate Concentrations in Lactating Boston-Area Women; J Clin Endocrin Metab. First published ahead of print February 20, 2007 as doi:10.1210/jc.2006-2738

ewg.org/issues_content/perchlorate/20070329/CDC_BUstudy.pdf

[16] Rocket Fuel in Lettuce ewg.org/reports/rocketlettuce/

[17] ewg.org/reports/thyroidthreat/

Antioxidant Iodine

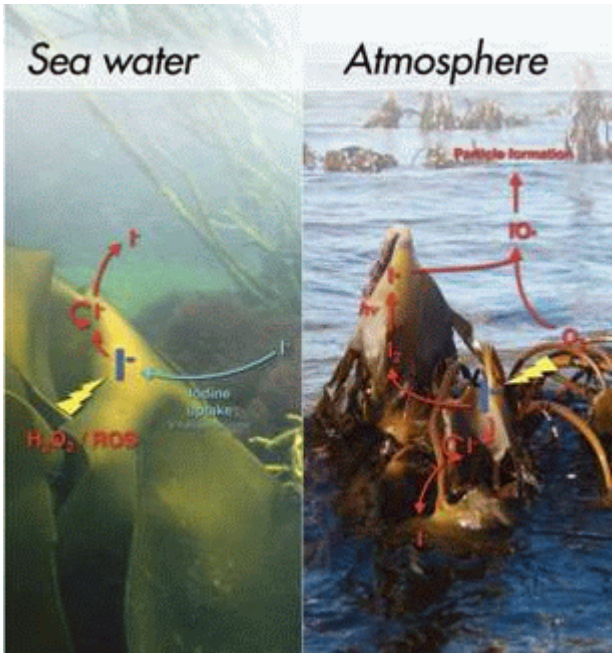
Kelp Forest

Research published in the scientific journal of the National Academy of Sciences in the U.S. reveal iodine's biological role as an **inorganic antioxidant**—the first to be described in a living system—and also points to the intriguing effects of **iodine in scavenging free radicals in human blood cells**. Scientists have determined that brown kelp, which boasts the highest concentration of iodide of any plant or animal, passively takes in this element from seawater and then releases it when needed to detoxify harmful reactive oxygen species, which are generated by such external forces as pollution and intense light, as well as by internal metabolic processes.[1]

Iodine plays an important role in fending off human health threats presented by free radicals.

"It's only one atom and it's charged. It's the simplest antioxidant you could possibly find," Dr. George Luther notes. "When the kelp is exposed to stress, it dumps the iodide, which is easily converted into

molecular iodine," he explains. "Molecular iodine goes into the atmosphere, where it helps form clouds that decrease the heat from the sun. It's one way of getting rid of ozone close to the ocean surface," Luther says.



Large brown seaweeds, when under stress, release large quantities of inorganic iodine into the coastal atmosphere, where it can contribute to cloud formation, thus influencing climate.

Dr. Sebastiano Venturi informs us that, "iodine is one of the most abundant electron-rich essential elements we consume and is transported to the cells via iodide transporters. Iodide, which acts as a primitive electron-donor through peroxidase enzymes, seems to have an ancestral antioxidant function in all iodide-concentrating cells. Oxygen is a potent oxidant whose accumulation in the terrestrial atmosphere resulted from the development of photosynthesis over three billion years ago in blue-green algae

(Cyanobacteria).” Iodine was used by Nature as one of her main strategies of antioxidant defense in plants and animals. The point is that antioxidants, iodine included, are important as protective substances against many chronic and degenerative diseases such as cancer and cardiovascular diseases.

Kelp Powder

The antioxidant biochemical mechanism of iodides is probably the most ancient mechanism of defense from poisonous reactive oxygen species.

- Dr. Sebastiano Venturi

“The evolution of oxygen-producing cells was probably the most significant event in the history of life after the beginning of life itself. Oxygen is a potent oxidant and life has to contend with the toxicity of ROS (reactive oxygen species), which react with lipids, proteins, carbohydrates and DNA and thus interfere with the functions of cellular membranes, cell metabolism, cellular signaling, cell growth and differentiation. Oxidative stress has been implicated as a causative process in the development of a vast number of

degenerative diseases,"[2] continues Dr. Venturi. The antioxidant properties of dietary iodide depend on a series of redox reactions underlying the iodination of tyrosine leading to the formation of thyroid hormones. Iodine can react with double bonds on lipids such as polyunsaturated fatty acids rendering them less reactive to ROS.

Thyroid hormones are known to play a major part in the regulation of mitochondrial oxidative metabolism.[3]

A newly discovered oxidant defense system is found in the free radical scavenging capacity of thyroid hormones Thyroxine, reverse-T3 and iodothyronines seem to be important as antioxidants and inhibitors of lipid peroxidation[4],[5] and **is more effective than vitamin E, glutathione and ascorbic acid**.[6] Doctors involved in the chelation of children with neurological conditions need to take notice and start treating them with iodine as a primary not secondary form of treatment.

Mercury is the most toxic non-radioactive poison on earth and has the capability to destroy all biological life and activity either through a slow torturous death or a quick one. It qualifies as an intense systemic poison, meaning it has its effect, which is remote, from the site of entry into the body.

Dr. Brownstein indicates that iodine is also a chelator of mercury and has tested quite carefully the amounts removed.[7] Mercury not only poisons the nervous system and digestive tract, **it can also poison the thyroid gland**. There are four iodine-binding sites or receptors on the thyroid gland. These receptors bind with the iodine we get

from our diet. The iodine enters the thyroid and activates it. If the thyroid is not absorbing enough iodine it will not be fully activated and the body's temperature will be abnormally low. Mercury from dental fillings can migrate to the thyroid gland and sit on one or more of the thyroid's four iodine receptors blocking the iodine from reaching the receptors and activating the thyroid. When this happens iodine is not absorbed in normal amounts by the thyroid gland. The result is low body temperature or hypothyroidism.

Thanks to the continued promotion of mercury fillings by the American Dental Association and conventional dentists, consumers continue to be poisoned by this heavy metal that's intentionally placed into their mouths. There's so much mercury currently being put into the mouths of humans that the total volume of mercury being dumped into the environment from mercury fillings is nearly equal to that emitted by coal plants. Combine the two sources of mercury with a diet high in fish, which are contaminated with mercury and add a year's flu vaccine that also has mercury in it and we have a huge problem that health officials are not addressing at all.

Several mechanisms are utilized to remove mercury from the body. In order for these detoxification mechanisms to work properly, numerous essential minerals like iodine, zinc, sulfur, selenium, and silica stimulate the excretion of mercury. Unfortunately, the average person's daily intake of iodine is not high enough to protect them from mercury. The National Health and Nutrition Survey undertaken by the CDC showed iodine levels falling over 50% in the last 30 years. In 1940 the average American got 800 micrograms of iodine in their diet. In 1995 we averaged 135 micrograms; an 83% decline! Eating seafood and seaweed can keep your dietary levels in the healthy

range. Supplementing with iodine can offer additional help in maintaining these healthy levels of iodine.

This is a medical disaster already in advanced stages because as the need for iodine has increased, daily intake has decreased. The rising tide of mercury and the sharp increases in bromide and fluoride are overcoming our body's ability to eliminate. We are staring right in the face of one of the most fundamental building blocks of the modern day plight with chronic diseases including cancer. Iodine is at the top of the list along with magnesium chloride as the surest preventive and treatment of the vast majorities of today's chronic and acute diseases. Allopathic medicine has got it terribly wrong paying no attention to these two emergency room medicines of great importance.

Supplementing with iodine can replenish your iodine stores while flushing out poisons. People usually do not experience the negative effects of some type of detoxification when using iodine unless they are removing unusually high levels of bromide and fluoride. Most people actually notice increased energy, better sleep, and mental clarity.

Mineral replacement therapy (nutritional support) is essential when doing any form of chelation. In fact it is not clinically correct at all to separate chelation from minerals like they are different processes. Trace mineral therapy is important because minerals compete with toxic metals for binding sites. In other words, when one's body is properly mineralized, the absorption and toxicity of heavy metals is greatly reduced. Our bodies should be as strong and healthy as possible before the chelation process should be attempted and minerals top the list not only because they make us stronger, but

because they start the chelation process before an “official” chelator is even used.

The involvement of free radicals in tissue injury induced by magnesium deficiency[8] causes an accumulation of oxidative products in the heart, liver, kidney, skeletal muscle tissues and in red blood cells.[9] Magnesium is a crucial factor in the natural self-cleansing and detoxification responses of the body. It stimulates the sodium potassium pump on the cell wall and this initiates the cleansing process in part because the sodium-potassium-ATPase pump regulates intracellular and extracellular potassium levels.[10] “ATP production is essential for every cell to have an ample supply to deal with the challenges of metal overload, as it is required to even permit the cell to keep on pumping out calcium. Lack of ATP then is the underlying cause of abnormal calcification of tissues,” writes Dr. Garry Gordon.

One concern with traditional allopathic chelation therapy in general is that chelating agents are not as specific as we would like and are likely to remove essential trace minerals as well as toxic metals. Mercury drastically increases the excretion of magnesium and calcium from the kidneys.[11] Both mercury itself and the drugs used to chelate mercury have a strong impact on mineral levels.

Limitations with the traditional allopathic chelation therapies include the fact that the agents used, while sometimes too specific to the metal targeted for removal, are also not protective enough when it comes to minerals that should be spared. Consequently essential trace minerals are likely to be depleted, making trace mineral replacement therapy absolutely essential. For example, EDTA is not effective for mercury, the number-one toxic threat in most people.

DMPS and DMSA are dangerous to use because of their toxicity. Only highly trained physicians can safely administer them and even then we have problems like we do with all allopathic treatments.

Sea minerals in general are very helpful to doctors because the relative composition of many mineral trace elements of the animal body is similar to the composition of the sea, where the first forms of life began. The sea is rich in iodine, about 60 micrograms (µg) per liter. Brown algae (seaweeds) accumulate iodine to more than 30,000 times the concentration of this element in seawater.[12],[13] Marine vegetation concentrates iodine for its antimicrobial and antioxidant properties.[14]

Doctors involved with Chernobyl nuclear plant catastrophe in 1989 used kelp for detoxification and thyroid gland rehabilitation; Modifilan helped thousands of nuclear plant workers and people in the area who were affected by the explosion because the iodine is protective against strontium 90 (Sr-90) and other toxicities.

The most important nutrient provided by kelp is iodine. Seaweed is noted for its ability to bind heavy metals and radioactive pollutants. Dr. Yukio Tanaka of the Gastrointestinal Research Lab at McGill University demonstrated that kelp may inhibit the absorption of lead, cadmium, and radioactive strontium (one of the most hazardous pollutants). Eighty to 90 percent of radioisotopes of Sr-90 could be removed from the intestinal tract in the presence of seaweed. Iodine and the sodium alginates found in seaweed are the specific agents that do the chelation. So much Sr-90 has been released by nuclear explosions, power plants, and nuclear weapons facilities that it is believed that every person has detectable levels in

their bone tissue. Many cancers are attributable to this contamination.

Some doctors see cancer tumors having characteristics very similar to yeasts. “Seaweeds (iodine) have exceptional value in the treatment of Candida overgrowth. They contain selenium and [all the] other minerals necessary for rebuilding immunity; furthermore the rich iodine content is used by enzymes in the body to produce iodine-charged free radicals that deactivate yeasts. Before the advent of anti-fungal drugs, iodine was the standard medical treatment for yeasts. When candidiasis is complicated with tumours or cancers, then seaweed is of additional benefit. Salt should normally be restricted during Candida overgrowth.”[15]

Medical authorities warn of possible ill consequences to children undergoing chelation therapy. Along with metals, it is true that synthetic chelation also can strip the body of essential minerals like zinc and iron. In addition, the treatment can carry risks that include liver and kidney damage, bone-marrow problems, skin rashes, allergic reactions and nutritional deficiencies, doctors said. Medical authorities are correct in this regard for when chelation is done the allopathic way with synthetic drugs like DMPS, DMSA and EDTA, with each holding their own toxicity, we have all the problems and complications described above. Yes there are highly skilled physicians who know how to avoid most of these problems but they are rare, hard to find and expensive.

The healthy cell wall favors intake of nutrients
and elimination of waste products.

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[1] The findings, made by an international team of scientists from the United Kingdom, Germany, United States, Switzerland, France and the Netherlands, was led by Frithjof Kupper from the Scottish Association for Marine Science. George Luther, the Maxwell P. and Mildred H. Harrington Professor of Oceanography at the University of Delaware, and UD alumnus Timothy Waite were part of the research team.

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[3] K. Asayama and K. Kato, Oxidative muscular injury and its relevance to hyperthyroidism, *Free Rad Biol Med* 8 (1990), 293–303.

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[6] Tseng YL, Latham KR (1984) Iodothyronines: oxidative deiodination by hemoglobin and inhibition of lipid peroxidation. Lipids 19:96-102

[7] www.internetwks.com/clips/bsDetox.rm

[8] Magnesium deficiency (MgD) has been associated with production of reactive oxygen species, cytokines, and eicosanoids, as well as vascular compromise in vivo. Although MgD-induced inflammatory change occurs during “chronic” MgD in vivo, acute MgD may also affect the vasculature and consequently, predispose endothelial cells (EC) to perturbations associated with chronic MgD. As oxyradical production is a significant component of chronic MgD, we examined the effect of acute MgD on EC oxidant production in vitro. In addition we determined EC; pH, mitochondrial function, lysosomal integrity and general cellular antioxidant capacity. Decreasing Mg2+ (< or = 250microM) significantlyincreased EC oxidant production relative to control Mg2+ (1000microM). MgD-induced oxidant production, occurring within 30min, was attenuated by EC treatment with oxyradical scavengers and inhibitors of eicosanoid biosynthesis. Coincident with increased oxidant production were reductions in intracellular glutathione (GSH) and corresponding EC alkalinization. These data suggest that acute MgD is sufficient for induction of EC oxidant production, the extent of which may determine, at least in part, the extent of EC dysfunction/injury associated with chronic MgD. Effect of acute magnesium deficiency (MgD) on aortic endothelial cell (EC) oxidant production.Wiles ME, Wagner TL, Weglicki WB.The George Washington University Medical Center, Division of Experimental Medicine, Washington, D.C., USA. mwiles@nexstar.com Life Sci. 1997;60(3):221-36.

[9] Martin, Hélène. Richert, Lysiane. Berthelot, Alain Magnesium Deficiency Induces Apoptosis in Primary Cultures of Rat Hepatocytes.* Laboratoire de Physiologie, et Laboratoire de Biologie Cellulaire, UFR des Sciences Médicales et Pharmaceutiques,

Besançon, France. 2003 The American Society for Nutritional Sciences J. Nutr. 133:2505-2511, August 2003

[10] Cell membranes contain a sodium/potassium ATPase, a protein that uses the energy of ATP to pump sodium ions out of the cell, and potassium ions into the cell. The pump works all of the time, like a bilge pump in a leaky boat, pumping K+ and Na+ in and out, respectively.

[11] Liu XY, Jin TY, Nordberg GF, "Increased urinary calcium and magnesium excretions in rats injected with mercuric chloride." Pharmacol Toxicol, vol. 68 no. 4, pp. 254-259, 1991

[12] Colin C, Leblanc C, Wagner E et al. (2003) The brown algal kelp *Laminaria digitata* features distinct bromoperoxidase and iodoperoxidase activities. J Biol Chem. 278:23545-52

[13] Teas J, Pino S, Critchley A, Braverman LE (2004) Variability of iodine content in common commercially available edible seaweeds. Thyroid 14:836-41

[14] Yun AJ, Lee PY, Bazar KA, Daniel SM, Doux JD (2005) The incorporation of iodine in thyroid hormone may stem from its role as a prehistoric signal of ecologic opportunity:an evolutionary perspective and implications for modern diseases. Med Hypotheses 65:804-10

[15] P. Pitchford, Healing with Whole Foods, Revised Edition, North Atlantic Books, 36, 1993.

Nascent Iodine

Iodine is utilized by every hormone receptor in the body. The absence of iodine causes a hormonal dysfunction that can be seen with practically every hormone inside the body.

Iodine is a well-known topical germicidal agent effective against a wide spectrum of organisms including bacteria, fungi and protozoa. Iodine is normally available as solutions, alcoholic tinctures and iodophors. Iodophors were developed because iodine tinctures caused skin irritation, severe hypersensitivity reactions and systemic absorption of iodine. Iodophors are compounds of iodine linked to

carriers for iodine and only a small amount of iodine is released minimizing toxicity, which is not really a problem at all when iodine is administered in its pure atomic form.

Iodine has bactericidal activity, e.g. a 1% tincture will kill 90% of bacteria in 90 seconds, a 5% tincture in 60 seconds and a 7% tincture in 15 seconds.

- Gershenfeld, 1968

Iodide uptake by the thyroid is an active process.[1] So much of the information on iodine insists that iodine should be taken in its two major forms, iodide and iodine. An iodide ion is an iodine atom with a −1 charge. Compounds with iodine in formal oxidation state −1 are called iodides. Dr. David Brownstein wrote that, "It is very difficult to get iodine into a solution that uses water as a solvent. Therefore as Dr. Lugol discovered, using the reduced form of iodine (iodide) increases the solubility of iodine." Atomic or Nascent Iodine is not dissolved in water but in alcohol.

I have used various iodide preparations for years with mixed success.

- Dr. David Brownstein

Iodized salt and the iodine supplements usually found in health food stores contain the iodide form of iodine but Dr. Brownstein, one of the world's iodine experts, has had little success treating patients with only iodide. The supplement Iodoral contains both the reduced form of iodine (iodide) and oxidized iodine. The U.S. RDA for iodine is 150 mcg. Iodoral contains almost 100 times (12.5 mgs) the RDA requirement of iodine/iodide. One drop of Nascent Iodine = RDA of

0.2 mg. If using for additional energy and general health improvements, take up to five drops daily. That would mean only one milligram. If one wants to use Nascent as a medicine, then we are dealing with substantially higher doses. I have safely given my three-year-old daughter 25 drops up to four times a day instead of a broad-spectrum antibiotic.

Vitamin C reduces iodine to iodide.[2]

For assistance with a chronic health concern take five drops three or four times a day or as instructed by your healthcare professional. Thirty drops per day of Nascent iodine equals 6 mg of oxidized iodine and is equivalent to one drop of Lugol's iodine. Frequent small doses are more effective than larger amounts at less frequent intervals. Always take on an empty stomach. Most will find that it is important to build up gradually in order to experience the least amount of detoxification reaction. (See chapter "Iodine and Chelation.") When using strong chelators such as iodine, it is best to moderate the amount of detoxification symptoms. There is a response to detoxification known as Herxheimers reaction, which is the experience of poisons being dumped into the bloodstream from the cells or from large-scale yeast die-offs. This is most readily controlled with iodine in the **atomic form** (as is Nascent iodine) simply because it is so easy to control and regulate the dose.

Iodine is an easily-oxidizable substance. Food that is present in the digestive tract will oxidize iodine to iodide, which is not corrosive to the gastrointestinal tract. Oral iodine appears to be inactivated by combination with gastrointestinal contents. Absorption is poor due to rapid conversion of iodine to iodide[3] and this might explain why one needs to take very high doses of Iodoral or Lugol's compared to

nascent iodine, which seems to bypass the digestive track altogether meaning its absorption starts right in the mouth and continues through direct penetration of the stomach tissues. The nascent form appears to go directly into use by the body as soon as it is exposed to soft tissues. This is no stretch of the imagination since we know that iodide is completely and rapidly absorbed throughout all areas of the GI tract. Dr. Brownstein says that the downside of Lugol's solution is the taste and the dosing of it. Lugol's has a distinct metallic taste that many people find offensive. The atomic iodine on the other hand is like sipping on a heavenly gift—you can sense in a millisecond its positive nature.

We do in fact find that when taking a nascent form of iodine, therapeutic doses are much lower. Iodide has to be converted back to the nascent form in order to produce T3 and T4. Would the body not recognize nascent iodine as what is needed in the thyroid and take it there to avoid the steps of active transport to produce nascent iodine when it already has it available? This could explain why some people report that they feel the atomic form of iodine in their thyroid within 10 minutes. Is there really time for the iodine to get into the intestines and be converted into an iodide to be shipped to the thyroid?

> Sunkar A. Bisey, a Hindu scientist, was suffering from malaria in the early 1900s and quinine didn't do him any good. His life was despaired of, and a Hindu doctor, hoping to save the life of India's greatest inventor, sent on a few doses of a Burmese preparation made from seaweed that had proved useful in treating chronic malaria there. Bisey tried it. The effect was electrical. He began to improve at once and in a month was a well man. He set out to research the contents

of the seaweed and ended up producing the compound now known as Beslin or atomic iodine.

Atomic iodine is iodine in which the molecules are broken down to individual atoms, which is the exact form that the body needs to make thyroid hormones. If iodine is not in the atomic form, the molecules of iodine first need to be broken down and that of course takes energy.

> **Malaria was treated with 20 drops of nascent iodine in a half glass of water given 4 or 5 times during the first day and then going to 10 drops of nascent iodine 4 times a day for 3 more days.** A slide study of the blood shows that the malaria is gone from the body. It is interesting to note that Salem Banajeh, Associate Professor-Child Health at Sana'a University-Sana'a-Yemen found that case fatality for malaria is four times higher in highlands compared with endemic areas.[4] Iodine deficiency would explain this, which would explain why iodine is an effective treatment for malaria.
>
> Dr. A. Regnault, while recognizing the great value of quinine in the treatment of malaria, said in 1901 that it was becoming a matter of general recognition that the quinine-series of drugs is of service only during certain developmental periods of the disease. It is held that the toxins are developed with great rapidity just at the time of the division of the parasites. In order to eliminate these toxins, Dr. Regnault suggested the use of iodine and potassium iodide, iodine being a body that has a special affinity for bodies of the alkaloid class, and presumably for the supposed analogies of these toxins. The

> results obtained were reported as being very striking in that not only were the attacks aborted, but the action on the fever itself was striking and immediate with chills, vomiting and malaise disappearing rapidly. The remedies were employed in the following strength: tincture of iodine and potassium iodide, of each: 1; distilled water: 25.[5]

"Iodine has many positive therapeutic actions. It is a potent anti-infective agent. No virus, bacteria or parasite has been shown to be resistant to iodine therapy," writes Dr. Brownstein. This is an incredible statement but one that can easily be backed by hardcore medical science. It is the reason hospitals use iodine by the gallon and in reality the only reason hospitals are not like ground zero sites contaminated in an infectious sense is because of iodine's broad spectrum anti-infective power.

Few are the doctors who have realized that iodine can be taken internally in large quantities and that it will have the same effect internally as it does on external surfaces. When we look at the fact that the entire focus of vaccines is anti-viral, that bacterial infections are becoming more threatening and more antibiotic resistant, that cancer is always accompanied by and or is a fungal yeast infection, we might begin to realize how **iodine can again become a doctor's best friend**. Oncologist Dr. Tullio Simoncini in Rome already uses it for skin and breast cancer but even he has overlooked its potential for internal application for the same action against cancer yeasts and fungi. The secret to successful application in high enough quantities is provided by nascent iodine.

Nascent Iodine is more potent in its action
because of its formulation, and because the

toxicity has been removed.

Nascent iodine is a scientific term for iodine where the iodine molecule has the diatomic bond broken and has a high amount of electromagnetic energy associated with it. During the 2 to 3 hours of activation time (within the human body, once diluted in water and consumed) the nascent iodine atom has the ability to be of assistance to the body. This form of iodine is produced by subjection of a 1% tincture of iodine to a high electro magnetic field for a given time in order to produce the nascent iodine state. This atomic state and electromagnetic charge is held by the atom until diluted in water and consumed. Once diluted and inside the body this atom is readily absorbed and utilized by the body. This charged atom of iodine starts a process where it gradually loses its energy over 2 to 3 hours. During this time the body recognizes this atom as the same nascent iodine it produces in the thyroid in order to make the T3 and T4 hormones.

The atomic iodine is perhaps the least toxic and least irritating of all the iodine formulas available.

The quality that separates nascent iodine from all other iodine products is that the diatomic bond is broken with each atom keeping one of the two electrons that had made up the covalent bond. This is known as homolytic cleavage and causes the iodine atom to be subject to magnetic charging. The iodine being in the atomic state was the reason it was called Atomidine, for Atomic Iodine (1926 to 1935). This atomic state and large electromagnetic charge is held by the atom until diluted in water where it then rapidly loses its charge.

Nascent Iodine is a complete atom— no extra electrons, none missing.

The famous psychic Edgar Cayce, who suggested iodine for all sorts of thyroid problems, advised that it would be necessary to electrically charge the iodine to change it into its "atomic" form. This charging converts the iodine into a form that the body can most fully recognize and assimilate. (Iodine trichlorite claims to be atomic iodine, but it's **not**.) A true atomic iodine (nascent iodine) is the best kind to bring the thyroid to its optimal function because it supports and saturates the thyroid without any toxic buildup.

When the thyroid becomes fully saturated from continued ingestion of atomic iodine, whatever it doesn't need is eagerly grabbed by other tissues of the body independent of the form, meaning iodide is not necessary. After the atomic iodine has made its rounds, whatever then remains and is unable to be used is excreted in the urine. The urine will turn bright yellow from the excess, similar to what happens with water-soluble B-vitamins that the body doesn't need. And, any excess can help the kidneys if there's an infection at the site.

Note: Even though nascent iodine is safe to use, too much taken too late in the day can be stimulating enough to keep you awake. As with any other supplement, use discretion.

There is a difference between nascent iodine and detoxified iodine, which itself is a high quality form of iodine. Detoxified iodine is produced at 10 amps of resistance for five minutes. Nascent iodine is more difficult to produce. The time required to get iodine into the nascent state is 15-20 minutes at 30 amps with a very limited quantity of iodine. The result is that heat is generated and that must

be dissipated in order to have the process continue. Historians who have speculated that the reason Sunkar A. Bisey never used this process to improve his product was that it was just too time consuming and costly to make the nascent iodine through this method. For those who notice the results of nascent iodine it may seem costly to make but well worth it for the results. (I have had several people who have used different types of iodine products unanimously claim they can feel the difference immediately when taking a true nascent iodine.)

To quote the 1930s document by Schieffelin and Company:

> The lethal dose of Atomidine (1926 to 1935) in animals is very large, which accounts for the absence of untoward effects in clinical use. Due probably to its rapid absorption and its ready combination with organic compounds in the body, iodism very rarely occurs even in sensitive persons.

The body utilizes more or less nascent iodine depending on the task being addressed. To boost the body systems may require very small amounts, a few drops once a day. The average dose is 5-10 drops in one-half glassful of cold water, repeated every two or three hours. Frequent small doses are more effective than larger amounts at less frequent intervals. When an intensive effect is desired 20 or more drops may be administered over the critical period and repeated as required.

Testimonials:

> It's 4:30 Thursday, 7-5-07, and I took four drops of Magnascent in water about a half hour ago. As I sit here I can actually FEEL my thyroid gland doing *something* for the

third time in about a week, each time after taking at least 4 drops in water on an empty stomach. It feels almost like it is moving in my throat. Well I suppose if it is making hormones and injecting them into my body, a certain amount of movement is to be expected.

For years I have been fighting degenerative arthritis. I have had many successes already with many substances and methods. One thing that has eluded me is a regular, everyday good feeling, and regular everyday flexibility. I have had many good days in the past few years but always they faltered and I was always searching for some way to keep it up. Now I think I have found it. For about four weeks now, starting with taking Detoxified Iodine, but then moving on to Magnascent, I have kept up a level of energy and flexibility that I mostly have not had since I was about 38 or so (I'm 53).

I get up in the morning and within a short time I'm running through the house ready to get work done, then I'm running through my business shop and yard. At the end of every day I am solidly physically tired, but just get up and go at it all the same way again every day.

The flexibility is just unbelievable. I find myself jumping in and out of trucks and crawling under equipment and working on things while squatting or kneeling with nearly no discomfort. Squatting and kneeling were very uncomfortable for me only a few weeks ago. I used to wince at the thought of having to squat or kneel.

All of this has happened to me on only about 10-12 drops of Magnascent per day. I'm drinking about 8-10 [drops] a day

> and putting about 2-4 drops a day on a couple of Heberden's nodes on my hands.
>
> Since the endocrine system is all stimulated by iodine and the thyroid, my testosterone is up too. I don't need a test to tell that.
>
> Bob Ansley

A case of Richard D. Norton Jr. with oral cancer:

> Richard had four operations and found yet another tumor growing that he could see with a flashlight and mirror. He used the nascent iodine for one week three times a day holding it in his mouth a few minutes and then swallowing. In a week he called to ask if the iodine colors skin. I said it was only temporary and then goes back to normal color. He said that he had lost where the cancer was. He couldn't find it. The next week Dr. Anderson, his physician, confirmed it was gone but they found another in a different location, which he is treating now.

The toxicity of modern life is impacting iodine levels. It is well known that the toxic halides, fluoride and bromide, having structure similar to iodine, can competitively inhibit iodine absorption and binding in the body. Americans, who are more exposed to fluoride than other populations, have a desperate need for more iodine and taking iodine in its nascent form would be the best way of increasing iodine levels in the safest and most effective way possible.

In treating over 4,000 patients, Dr. Brownstein has found only three patients with "allergy" to non-radioactive inorganic iodine/ iodide.

The nascent form is even less provoking meaning the chances of side effects besides a normal detoxification and chelation response would be near zero. The use of nascent iodine is simple and safe and has proven itself effective through more than a century of medical use. One should turn a deaf ear to all those cynics who would recommend pharmaceutical poisons in its place. They are not unlike the child molester using sweet words to draw an innocent child into a deadly web of pain and deceit.

From its position at the base of the brain, the pituitary gland monitors the levels of hormones in the blood. If a low level of thyroid hormones is detected, the pituitary gland sends out its own hormone called thyroid stimulating hormone or TSH, which stimulates the thyroid gland to step up production of thyroid hormones. The thyroid gland can't do this since it's missing one essential ingredient —iodine—but the pituitary gland does not know this. It keeps secreting TSH, which after a time will cause the tissue of the thyroid gland to change and the entire gland will enlarge.

Iodine levels have fallen 50 percent over the last 30 years in the United States. We have also seen at the same time a dramatic drop off of magnesium cellular levels and the same can be said for other minerals like zinc and selenium. During this same time, there have been dramatic increases in illnesses of the breast (including breast cancer), prostate, thyroid and the immune system (i.e., autoimmune disorders). All of these conditions can be caused (in part or wholly) from iodine deficiency as well as magnesium, selenium and zinc deficiencies. Mineral levels should be evaluated in all suffering from illness and those trying to achieve their optimal health. In reality we do not need to spend fortunes in sophisticated testing because unless

one is eating a perfect organic whole-food diet, the chances of avoiding illness and mineral deficiencies is about zero.

Special Note: There is a great deal of confusion by these terms: detoxified iodine, atomic iodine, and nascent iodine. Edgar Cayce actually gave out instructions for two different types of iodine, one which is fairly easy to make, or what is called the detoxified form, and the full atomic form or what we are calling "Nascent iodine," which is clearly more potent. Several people who have used this form have told me they literally feel the difference at the moment of ingestion.

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[1] Am J Physiol Endocrinol Metab 273: E1121-E1126, 1997; Vol. 273, Issue 6, E1121-E1126, December 1997

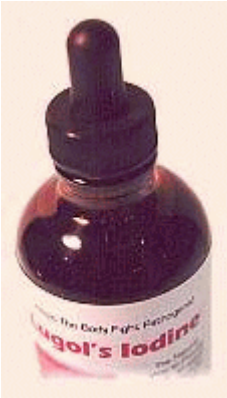
[2] biology.clc.uc.edu/fankhauser/Labs/Anatomy_&_Physiology/A&P203/Titrations/VitC_protocol/VitC_protocol.html

[3] Reynolds, 1989; Gosselin et al., 1984, Gilman et al., 1990.

[4] Abdullah Al-Taiar, Shabbar Jaffar, Ali Assabri, Molham Al-Habori, Ahmed Azazy, Nagiba Al-Mahdi, Khaled Ameen, Brian M Greenwood, and Christopher J M Whitty Severe malaria in children in Yemen: two site observational study BMJ 2006; 333: 827

[5] Revue de Medicine, 1901, vol xxi., p. 804.

Lugol's Iodine



Lugol's Iodine Solution is "old-fashioned" iodine. Lugol's Iodine was first developed by the French physician, Jean Lugol, in 1829. It is a transparent brown liquid consisting of 10 parts potassium iodide (KI) to 5 parts iodine to 85 parts of (distilled) water. It is an effective bactericide and fungicide and, in fact, was, for the better part of a century, a common antiseptic—(though it has laboratory uses separate and apart from any medical application).

In the United States of America, Lugol's solution was previously unregulated and available over the counter as a general reagent, an antiseptic, a preservative, or as a medicament for human or veterinary application. However, effective August 1, 2007, the DEA now regulates Lugol's solution (and, in fact, all iodine solutions containing greater than 2.2% iodine) as a List I precursor because it may potentially be used in the illicit production of methamphetamine. By contrast, Lugol's iodine solution is available in the rest of the world at its original full strength formula.

I believe though Americans can still buy one bottle at a time legally but many companies have already changed the formula so beware.[1]

Lugol's Solution 2% is simply a dilute formula of iodine and potassium iodide in water (2% iodine, 4% potassium iodide and 94% distilled water). You could just double (more or less) the use level to achieve the same dosage as the Lugol's Solution 5%. The formula ingredients are the same

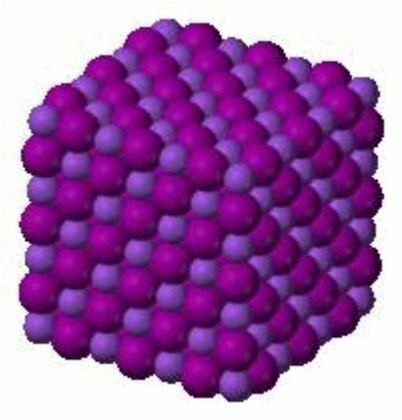
Iodine is a chemical element that has the symbol I and atomic number 53. Naturally-occurring iodine is a single isotope with 74 neutrons. Chemically, iodine is the least reactive of the halogens and the most electropositive halogen after astatine. However, the element does not occur in the free state in nature. As with all other halogens (members of Group VII in the Periodic Table), when freed from its compounds iodine forms diatomic molecules (I_2).

Elemental iodine dissolves easily in chloroform and carbon tetrachloride. The solubility of elementary iodine in water can be vastly increased by the addition of potassium iodide. The molecular iodine reacts reversibly with the negative ion, creating the triiodide anion, I_3^-, which dissolves well in water. This is also the formulation of some types of medicinal (antiseptic) iodine, although tincture of iodine classically dissolves the element in alcohol. The deep blue color of starch-iodine complexes is produced only by the free element.

WARNING: Do not take Lugol's iodine if you know you are allergic to iodine. If you know you are allergic try the Magnascent Iodine for it is rare to be allergic to this form. The Lugol's used to be a five percent solution of sodium iodine and 10 percent potassium iodide though companies now vary the original formula. Lugol's Iodine has an optimal shelf life of approximately one year. Many web sites encourage you to "stock up," which does not take into account this

fact. You should purchase just what you need, and annually rotate out older product. DO NOT use Lugol's Iodine Solution if you have an overactive thyroid or hyperthyroidism. Use the Nascent and start at very low dosages and slowly work up.

Following the Chernobyl nuclear reactor disaster in April 1986, Lugol's iodine solution was administered to 10.5 million children and 7 million adults in Poland as a prophylactic measure against accumulation of radioactive iodine-131 in the thyroid.



Potassium iodide is a white crystalline salt with chemical formula KI, used in photography and radiation treatment. It finds widespread application as an iodide source because it is less hygroscopic than sodium iodide, making it easier to work with. KI can turn yellow upon heating in air or upon standing in moist air for long periods, because of oxidation of the iodide to iodine.

Potassium iodide behaves as a simple ionic salt, K^+I^-. Since the iodide ion is a mild reducing agent, I^- is easily oxidised to I_2 by powerful oxidising agents such as chlorine:

$$2\ KI(aq) + Cl_2(aq) \rightarrow 2\ KCl + I_2(aq)$$

Even air will oxidize iodide as evidenced by the observation of a purple extract when KI is rinsed with dichloromethane. Under acidic conditions, KI is oxidized even more easily, due to the formation of hydroiodic acid (HI), which is a powerful reducing agent.

Potassium iodide was approved by the FDA in 1982 to protect the thyroid from radioactive iodine. In the event of an accident or attack at a nuclear power plant, or fallout from a nuclear bomb, several volatile fission product radionuclides may be released. Radioactive iodine is a common fission byproduct and is particularly dangerous as the body concentrates it only in the thyroid gland, which may lead to thyroid cancer. By saturating the body with a source of stable iodine prior to exposure, any radioactive iodine inhaled or ingested becomes the excess in the blood system and is excreted through the kidneys.

Iodine forms compounds with many elements,
but is less reactive than the other members of
its Group VII (halogens) and has some metallic
light reflectance.

Most believe that Lugol's Iodine Solution is a safe and effective way to provide adequate amounts of iodine for proper thyroid hormone production, responsible for our metabolic rate, normal growth and development, protein, carbohydrate and fat metabolism amongst other things. **Lugol's is certainly ideal for transdermal use but cannot compare to the gentleness of Nascent Iodine, which is much less toxic and caustic.** Though the Nascent Iodine is much more efficient it is expensive if one is interested in taking iodine levels up to their upper limits. Even with today's less concentrated Lugol's solutions they are still considerably more

concentrated thus more appropriate than Nascent for transdermal usage.

> *It is well established that the iodine content of the thyroid gland is dependent upon the iodine available in the food and water intake of the individual. If the iodine intake is low, the gland is deprived of an element it needs to do its work.*

A second function of iodine is to calm the body and relieve nervous tension. When nervous tension runs high, there is irritability and difficulty in sleeping well at night, and the body is continually on a combat basis, organized for fight and flight. All these points stress a body's need for iodine to lessen nervous tension, relax, and enable it to organize for peace and quiet by the building and storing of body reserves against time of need. It is possible to repeatedly change an irritable, impatient, and restless child under ten years of age into a calm, patient individual within two hours by giving one drop of Lugol's solution of iodine by mouth in a vegetable or fruit juice or in a glass of water made acid in reaction by adding a teaspoon of apple cider vinegar. This is useful for calming a hyperactive child.

One drop of 5% Lugol's Iodine contains 6.417 mg of elemental iodine. A 5-drop dose contains 32.09 mg of elemental iodine. Lugol's Iodine is a non-prescription item. Lugol's Iodine Solution in a 1 oz. dropper bottle: 1 oz. equals 576 drops.

An internal dosage of traditional Lugol's iodine was generally 1 or 2 drops in a glass of fruit juice, sipped throughout the course of a meal. This dosage depends on your bodyweight. As a guideline, if you weigh 60 kg or less, the recommended amount is 1 drop, taken daily

in a meal. If you weigh more than 60 kg, the recommended dose is 2 drops instead of one.

Dr. Hulda Clark says, “Six drops of Lugol’s solution can end it all for salmonella. If you have gas and bloating, pour yourself 1/2 glass of water. Add 6 drops of Lugol’s (not more, not less), stir with wood or plastic, and drink all at once. The action is noticeable in an hour. Take this dose 4 times a day, after meals and at bedtime, for 3 days in a row, then as needed. This eradicates even a stubborn case of salmonella. Notice how calming 6 drops of Lugol’s can be, soothing a manic stage and bringing a peaceful state where anxiety ruled before.

Retired biochemist and toxicologist Walter Last has this to say about Lugol’s:

> Lugol’s solution is an internal iodine solution designed to eliminate Candida and possibly viruses and other microbes from the bloodstream. Obtain 100 ml of Lugol’s solution, also labeled Aqueous Iodine Oral Solution B.P., from a chemist. Take a test drop in liquid other than just water to make it taste less strong. If this does not cause an allergic reaction, continue to take 4 x 6 drops daily in liquid or mixed with food, but not together with vitamins A, C, E, grape seed extract or cysteine. Iodine is an oxidant and it is best to reduce the intake of antioxidants while using it.
>
> If the blood was contaminated, then you may initially experience a die-off reaction of the Candida, causing weakness and possibly headache or nausea. If this happens cut back temporarily on the amount of Lugol’s solution and drink plenty of water and diluted teas or juices. Continue for 3 weeks, but interrupt if you develop a serious reaction. Do

not take the iodine for more than 3 weeks as that interferes with thyroid activity. If necessary repeat the course after several months.

Dr. J. C. Jarvis was particularly keen on the power of Lugol's iodine for treating various illnesses, including colds and flu, and for countering the effects of stress: "Supposing you do follow the suggestions outlined above and find that some weeks the pressures of your private and your business life are causing you to lose the ability to bounce back. Then you should add a drop of Lugol's solution of iodine to your glass of apple or grape juice at breakfast, or you may take it in the mixture of apple cider vinegar and water. The point is that the potassium in the solution (Lugol's is 10% potassium iodide) blocks off the body mechanism that organizes for aggressive action, releasing its hold on the body when opportunity for rest and relaxation arises. The iodine swings the body into action along with the building up and storing of body reserves. When working under pressure, include the Lugol's solution dose each day until the period of pressure passes. If it should happen that your body becomes saturated with iodine, you will find that there is an increase of moisture in the nose. If this occurs, omit the iodine until the nose is normal."

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[1] Lugol's Solution 2%, is simply a dilute formula of Iodine and Potassium Iodide in water (2% Iodine, 4% Potassium Iodide and 94% Distilled Water).
You could just double (more or less) the use level to achieve the same dosage as the Lugol's Solution 5%. The formula ingredients are the same.

Transdermal Iodine

Treatment of Skin and Breast Cancer and other Conditions.

Over 95% of my patients tested were deficient in iodine.

- Dr. David Brownstein

Iodine is an exceptionally powerful healing agent with extraordinary powers that can be applied in the direst of medical circumstances. It means much more to us than thyroid function promotion and protection. Iodine is the primordial antibiotic that has been forgotten, left in the dust simply because it was not a patentable medicine from which fortunes could be made. We lost something considerably more than an antibiotic though; iodine is also antiviral and importantly in cancer, iodine is also antifungal.

Iodine works as an excellent antioxidant. It neutralizes hydrogen peroxide by converting it first to hypiodious acid and then water, thereby blocking its conversion into the hydroxyl radical.[1]

We are going to be kicking ourselves pretty hard for overlooking iodine as much as we have when we realize how important iodine is in the production of all the hormones in our bodies. Dr. Brownstein says, “All of the glands of the body depend on adequate iodine levels to function optimally. Animal studies have shown problems with the adrenal glands, the thymus gland, the ovaries, the hypothalamus and pituitary access, as well as the entire endocrine system, when there is an iodine deficient state.” We are looking at one of the most important medicines in the entire world of medicine when we are talking about iodine for we cover enormous physiological territory with its use.

The thyroid gland plays a pivotal role in keeping our immune systems intact.

The icing on the cake comes with the realization that iodine is absolutely necessary for proper immune system function. Poor immune response can be due to an impaired thyroid function from deficient iodine levels. Iodine actually is directly involved in immune system function. Scientists have found that iodoproteins are secreted by leukocytes[2] during phagocytosis and active iodide-concentrating mechanisms have been found in leukocytes. **Iodine has been used therapeutically in various pathologies where the immune mechanism is known to play a dominant role.**[3] Iodide is accumulated during phagocytosis, the process of engulfing and ingesting bacteria and other foreign bodies. The iodide is attached to the bacteria and to proteins, creating iodoproteins including monoiodotyrosine (T1). Sometimes, the thyroid hormones are utilized as the source of the iodide.

Iodine is an antiseptic and can be used to kill bacteria and fungi. Iodine used topically as a douche is effective against a wide range of organisms including Candida and chlamydia.

Though iodine is a most effective "universal" medicine most physicians and surgeons view iodine from a narrow perspective. Yes surgeons scrub with it and have their nurse paint iodine on their patients because the tincture of iodine remains the best antiseptic for preventing wound infections after surgery. Though it kills 90 percent of bacteria on the skin within 90 seconds, its broader use has been obscured except by a few brave physicians that are working desperately to bring it back to the forefront of public awareness. Iodine has a long but lost illustrious history as the following story presented by Dr. Derry illustrates. It is the most legendary of documentations of **transdermal iodine therapy** applied to a famous person in the American Civil War:

"On September 29, 1862, Colonel John B. Gordon held the center of General Lee's army at the battle of Antietam, or Sharpsburg. The first volley from the northern lines sent a ball through the calf of Gordon's right leg; soon after, another went through the muscles of his thigh; a third pierced his left arm, tearing asunder the tendons and mangling the flesh; a forth ripped through his shoulder leaving a wad of clothing embedded in its track. Still, no bones were broken; but,

while Gordon lingered in the firing line “with”, as he says himself, “but little of my usual strength,” a fifth ball struck him squarely in the face.”

“Dr. Weatherly of the 6th Alabama Regiment, in charge of medical arrangements, had the Colonel removed to a base hospital and prescribed tincture of iodine to be painted on the wounds three or four times a day. The case was unpromising. Gordon’s eyelids were greatly swollen; one eye was completely closed, the other almost so; his jaw was immovably clenched, and, to make matters worse, erysipelas (staphylococcus infection of skin) had set in on the left arm.”

“Mrs. Gordon, his wife, who nursed him—her name was Fanny and she was then a beautiful girl of 25—put a liberal interpretation on her instructions and painted the wounds, not three or four times a day, but, as Gordon himself says: **“I think three to four hundred times a day.”** Fanny’s diligence and devotion were rewarded. Her husband survived, outlived the war, and became the Governor of Georgia, a General, and Commander-in-Chief of the United Confederate Veterans. He died in 1904.”

Delivering medicine to the general circulation
through the skin is a desirable alternative to
taking it by mouth. Patients often forget to take
their medicine, and even the most faithfully
compliant get tired of swallowing pills,
especially if they must take many each day.

Iodine exhibits good activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only

iodine is capable of killing **all classes of pathogens**: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa. **Most bacteria are killed within 15 to 30 seconds of contact.**

Dr. Brice E. Vickery said, "I have seen that a couple of mgs, of iodine daily will cure iodine deficiency in the person with adequate gut absorption powers. This will allow them to utilize their proteins; however it will not mean that they have full body iodine sufficiency (iodine receptors) in tissues such as breast, uterus, prostate, skin, saliva glands, stomach, colon, choroid plexus, and eye. It will also not assure that a thyroid whose receptor space is taken up with another halogen, such as bromine or fluorine, will have a full sufficiency of iodine for hormone production."

One can conclude that skin application of iodine is an effective if not efficient and practical way for supplementation of iodine with an expected bioavailability of 6-12% of the total iodine applied to the skin.

Is the application of iodine to the skin an acceptable way to supplement iodine? Dr. Abraham writes, "The bioavailability of iodine applied to the skin is well known. Over 100 years ago, application of iodine to the skin was used extensively for iodine supplementation. In 1932, Nyiri and Jannitti from the College of Pharmacy of Rutgers University wrote, "Iodine is being used extensively as a prophylactic and therapeutic agent by application to the outer integument (the skin), and has maintained its place in medicine for many decades."[4]

I had a severe sore throat recently (I could not even swallow) and my good friend suggested painting the inside of my wrist with iodine. I thought she was crazy. But it worked! The pain was completely gone the next morning. Shortly thereafter my son became sick with a bad cold. Although she recommended the iodine for a sore throat, I used it on my 3-year-old and the next day he was 100% better.[5]

Dr. Derry says, "Iodine put onto scabs helps to organize total repair of the tissue. All pre-malignant lesions and many other oddities of the skin appear to respond to this regeneration process triggered by topical iodine. I have mentioned previously a patient with a biopsy-proven breast cancer lesion (she refused surgery because of previous cancer treatment) that was strongly fixed to the skin responding well to topical iodine and ended up being a dimple on the breast three year later.[6] It is my belief a water solution of iodine (like Lugol's) is an important therapeutic agent for skin. Because of its effectiveness and the results, perhaps many skin diseases are related to local tissue areas of relative iodine deficiency. In addition, iodine's ability to trigger natural cell death (apoptosis) makes it effective against all pre-cancerous skin lesions and likely many cancerous lesions."

Painting iodine on my wrist gets rid of my sore throat every time! Iodine definitely works for me, however, I find it best to use the clear "decolorized" iodine, available at most drugstores. I paint it on the inside of the wrists (where the veins are closest to the skin) and on the sides of the throat.[7]

“I get small lesions on my forearms and the backs of my hands which I’ve been told by a doctor could become cancerous. In the past, I’ve had that doctor “burn off” these spots with nitrogen. That has usually worked, but did not work on two areas that have been with me for about three years now. For a while now I’ve been painting these areas with Lugol’s solution (5% iodine), only three or four times a week as the iodine does not absorb as it would elsewhere on the skin and the dark red/brown of the iodine is very noticeable. These lesions are not completely gone yet, but they are definitely fading away.”

Claire West

Iodine sprayed on the mucous lining of a woman’s vagina will be absorbed and will soften her breasts in a matter of five minutes, while at the same time it relieves the tension and irritability of intestinal musculature.

- Dr. John Myers

Iodine is more than the universal medicine doctors acknowledged it to be long ago. It is new to most doctors today though who have been brainwashed into being obsessed with pharmaceutical drugs as opposed to much less expensive and toxic nutritional medicines. So lost are we to the medical science on iodine that we are completely surprised when we hear oncologist Dr. Tullio Simoncini state, “**Every tumour of the skin can be completely removed with iodine tincture 7%, brushed many times (10-20) once a day.** [8] When the crust is formed, don’t take it away, but treat the area continuously and wait until it falls without any other intervention

except the iodine tincture. When the crust falls down the third time, the patient is healed."

Dr. David Brownstein, who has done more iodine research and clinical work than just about anyone, writes in his book, *Iodine, Why You Need It and Why You Can't Live Without It*, "Iodine contains potent anticancer properties. Iodine is effective for treating fibrocystic breasts and ovarian cysts." In this chapter we are exploring, for the first time, **the use of iodine as a principle agent in the treatment of cancer** with specific attention paid to breast and skin cancer, which are most easily treated transdermally. It is useful to know that in the case of iodine (magnesium as well) transdermally does not mean just topically, it also includes aerosol (direct application to the lungs) as well as for the upper and lower ends of the GI track, (colonics and oral use for treatment of oral and stomach cancers) as well as in douches for cancers of cervix and uterus.

Transdermal drug delivery is painless and convenient—a big advantage for patients who hate injections or forget to take their pills on time.

One of the principle reasons iodine is so effective for skin cancer is that, according to Dr. Simoncini, skin cancers are caused by Candida fungus, which has adapted itself to metabolizing the most proteinaceous constituents of the epidermis and that therefore only rarely can it be treated with sodium bicarbonate solutions. Dr. Simoncini perhaps has the most experience with transdermal iodine in cancer treatment but even he did not realize that you can treat

internal cancers through raising internal iodine concentrations through oral administration.

This chapter is going to put out quite strongly the message that iodine be used in all cancer treatments as a systemic medicine, not just topically for skin and breast cancer. **For the same reasons iodine is effective for skin cancers it would be effective in helping combat cancers of all types.** Using the right type of iodine allows us to bring up systemic levels quite strongly without toxic effect since the body desperately needs the iodine for a broad range of reasons.

Yes like water or anything else iodine can be considered poison but it is not any more poisonous to the body in appropriate doses than the appropriate amounts of water. **Iodine is an essential nutritional substance that we have to have in sufficient quantities to beat the cancer process.** It's an important part of life. *Winning the War on Cancer* has iodine and magnesium written all over the headlines, and both can be used transdermally, orally, intravenously, by aerosol, in both douches and colonics.

Povidone iodine has been used for cataract surgery antisepsis: 1% povidone-iodine solution used preoperatively. Also for chronic otitis media: 5% povidone-iodine ear drops, three drops taken three times daily for 10 days has been used. For upper airway sterilization: 1% povidone-iodine solution inhaled via nebulizer twice daily has been used, with gargle twice daily. It should be noted that povidone iodine contains surfactant and sticking agents (polymers) making it more toxic/dangerous to use than the atomic (nascent) iodine, which is simply individual atoms of iodine suspended in a high-grade alcohol.

Douche and vaginal suppositories containing 10% PVP-Iodine have been reported effective in the treatment of vaginal infections. These can be used both as a topical and therapeutic agent for the treatment of birth-canal infections and for various forms of vaginitis. PVP-Iodine has been reported as a very effective bactericide against organisms commonly found in the mouth and is able to destroy these within 15 seconds. Using a mouthwash/gargle product containing 0.5% PVP-Iodine is effective in reducing the bacterial flora in the mouth prior to dental surgery.

> I use Lugol solution for iodine (either 6 drops in water or sometimes I put it directly on my skin. If it absorbs within a short period of time [hours] I know that I am deficient so I put it on every couple of hours until I get to the point of a 24-hour lapse when the color is still remaining on the skin—which is supposed to mean that my body has enough.) But, I find taking the drops a lot less bothersome and easier to remember.
>
> Nancy Gianoulis

Transdermal medicine works through percutaneous absorption; it's the process where substances move from the skin surface to its intended site of action or into the general circulation system. When tumors are not too deep inside the body we can saturate them through local topical application of magnesium chloride and iodine even as we bring up systemic iodine levels through oral administration. Magnesium chloride is always used alongside the iodine but it's a subject covered heavily in other chapters and in my *Transdermal Magnesium Therapy* book.

As sunlight hits the earth and the agency of chlorophyll brings green to the fore, the center of that chlorophyll molecule is magnesium. It is the basis of the food chain or the food web. Magnesium is the basis for cell economics.

- Charles Walters

- Minerals for the Genetic Code

The iodine or magnesium chloride is applied (at different times of the day) to the skin's surface and then diffuses out of its vehicle into the stratum corneum. In the stratum corneum these minerals build a reservoir and defuse through the stratum spinosum. At this point they can metabolize and bind to receptors in the cells they touch and thus exert their effects. These minerals will then pass into the basement membrane zone and dermis binding to ever more receptors. From there they are delivered into subcutaneous fat, the circulatory system and achieve systemic absorption.

I have treated a number of sore and strep throats and loss of voice; painting iodine on the outside of the throat clears all within 24 hours. Iodine absorbs into the skin in about six hours. Also works for ear problems and swollen glands.[9]

Dr. Daniel H. Duffy said, "I have been using IODEX, an iodine-containing paste applied directly to the skin for the past 32 years to help break up the intercostal pain and palpatory soreness at the sternum often suffered by a high percentage of Midwesterners, especially female hypothyroids. I was also taught early on that it was common practice for veterinarians to rub IODEX on the fetlocks of

horses to eliminate cystic formations. Women are instructed to rub IODEX into the sore spots at the intercostals at bedtime until the soreness disappears."

Topical iodine facilitates transdermal delivery of insulin.[10]

Though transdermal application of insulin is not ideal it is good to know that iodine will protect the disulfide bonds in insulin, and maybe that's one of the reasons high doses of iodine work to reduce insulin needs in people who have type 2 diabetes and still produce insulin. Researchers think that topical iodine protects the dermally applied insulin presumably by inactivation of endogenous sulfhydryls such as glutathione and gamma glutamylcysteine, which can reduce the disulfide bonds of the hormone. Thus, the effect of iodine is mediated by retaining the potency of the hormone during its penetration via the skin into the circulation.

Special Note: Iodine, when applied to the breasts or any other part of the body can cause the skin to become dry and leathery. Sometimes red lines appear looking like bloodshot Halloween eyeballs. And then, as a result, the magnesium oil causes much redness and stinging when applied to the breast. In such cases stop the transdermal iodine application and wait for the skin to return to normal and then try again with lighter and less frequent application. Whenever treating yourself with natural medicine always use your internal guidance system of feelings and cognitive observations.

Transdermal Iodine Use

The best iodine for transdermal use is the seven percent iodine but as of August 1, 2007 it is now a controlled substance regulated by the Drug Enforcement Administration (DEA) under the chemical regulatory provisions of the Controlled Substances Act (CSA). The DEA believes that this action is necessary to remove deficiencies in the existing regulatory controls, which have been exploited by drug traffickers who divert iodine (in the form of iodine crystals and iodine tincture) for the illicit production of methamphetamine in clandestine drug laboratories. So it is almost impossible to get the 7% solution. Weaker solutions will work but much more of it needs to be used. Many studies for transdermal use have been done with PVP-Iodine, which is appropriate for external uses only. The inexpensive tinctures available in drug stores are also for external use only being too toxic for internal applications.

It is important when considering using iodine transdermally to take into account the large amount lost by evaporation. The evaporation of iodine from the skin increases with increased ambient temperatures and decreased atmospheric pressure due to weather conditions and altitude. For example, the yellow color of iodine will disappear much faster in Denver, Colorado at 5,000 feet above sea level then Los Angeles, California at sea level, irrespective of the amount of bioavailability of iodine. For this reason Dr. Simoncini directs skin cancer patients to paint the iodine on twenty times.

To summarize Dr. Guy E. Abraham's findings:

1. Free iodine penetrates through the unbroken skin.
2. Approximately 88 per cent of the iodine evaporates from the surface within three days.

3. Colloidal iodine evaporates somewhat more quickly than tincture of iodine; Lugol's solution is more stable than either of them.
4. The influence of ambient temperature on the evaporation of iodine is significant: within the first minute, the losses of iodine by evaporation are: 10-15% at 9 c; 18-25% at 24 c; and 35% at 37c.
5. The remaining iodine on the skin following evaporation of 88% of the total iodine, approximately 12 per cent, is at the disposal of the body, and penetrates through the skin. The bioavailability of the remaining 12% of the skin iodine is very gradual.

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[1] Oxygen breeds reactive oxygen species, which include superoxide anion, hydrogen peroxide, and the hydroxyl radical. The hydroxyl radical wreaks havoc by reacting with lipids in the cellular membranes, nucleotides in DNA, and sulphydryl groups on proteins. In algae, in a species of kelp, Kupper et al. have shown how inorganic iodine works as an antioxidant. It neutralizes hydrogen peroxide by converting it first to hypiodious acid and then water, thereby blocking its conversion into the hydroxyl radical. These investigators found that kelp will absorb increased amounts of iodine when placed under oxidative stress. Other investigators have shown that iodide is a specific scavenger of hydroxyl radicals, and that it increases the antioxidant status of human serum similar to that of vitamin C. Küpper FC, Schweigert N, Ar Gall E, et al. Iodine uptake in Laminariales involves extracellular, haloperoxidase-mediated oxidation of iodide. *Planta* 1998;207:163-171.Murata A, Suenaga H, Hideshima S, et al. Hydroxyl radical as the reactive species in the inactivation of phages by ascorbic acid. *Agric Biol Chem* 1986;50:1481-1487. Winkler R, Griebenow S, Wonisch W. Effect of

iodide on total antioxidant status of human serum. *Cell Biochem Funct* 2000;18:143-146.

[2] Stolc V. J Biol Chem. 1979 Feb 25;254(4):1273-9.

[3] Iodine and delayed immunity. Marani L, Venturi S. Minerva Med. 1986 May 7;77(19):805-9. It has in fact been administered to patients with tubercular granulomatous, lepromatous, syphilitic and mycotic lesions where it facilitates cure. This effect does not depend on iodine's action on the micro-organism responsible. Iodine may also be used in Villanova-Panol Panniculitis, in erythema nodosum, in nodular vasculitis, erythema multiforme and Sweet's syndrome. Oral iodine is also very effective in the lymphatic-cutaneous form of sporotrichosis.

[4] www.optimox.com/pics/Iodine/updates/UNIOD-02/UNIOD_02.htm#1

[5] Quita from Atlanta, GA

[6] Derry, DM. Breast cancer and iodine How to prevent and survive it. Trafford Publishing Victoria, Canada. 2001 page 89.

[7] Nita, from St Pete, Fl

[8] "For epithileomas, basaliomas and melanomas, the treatment to choose is iodine solution at seven per cent, as it is capable of precipitating the proteins of the body of the fungus and destroying them completely in a short time. If the lesions are fairly small, they must be painted with the solution 10-20-30 times twice a day for five days and then once for another ten days so that they become very dark. When the eschar is formed and it is higher than the epidermic

plane, it is necessary to continue to paint under and above it, even if at first a strong pain is sensed."

[9] Frank, from Palm Beach FL

[10] www.pharmacychoice.com/News/article.cfm?Article_ID=54842

Pediatric Iodine

Safe Antibacterial, Antiviral & Antifungal for Children

“Are you ready for a world without antibiotics?” runs the headline in the British Guardian. “Antibiotics are the bedrock of modern medicine. But in the very near future, we’re going to have to learn to live without them once again. And it’s going to get nasty. The era of antibiotics is coming to a close. In just a couple of generations, what once appeared to be miracle medicines have been beaten into

ineffectiveness by the bacteria they were designed to knock out. Once, scientists hailed the end of infectious diseases. Now, the post-antibiotic apocalypse is within sight."

Antibiotics have been a disaster and have been overused and now they are dangerous and ineffective against a generation of superbugs that they helped create. Imagine the field of pediatrics without antibiotics to over-prescribe and you are imagining a more humane and effective field of medicine. Take away their vaccines also and there is not much left for them to do but turn to iodine when infections threaten.

According to several studies, obstetricians and gynecologists write 2,645,000 antibiotic prescriptions every week. Internists prescribe 1,416,000 per week. This works out to 211,172,000 prescriptions annually in the United States, just for these two specialties. Pediatricians prescribe over $500 million worth of antibiotics annually just for one condition, ear infections. Yet topical povidone iodine (PVP-I) is as effective as topical ciprofloxacin, with a superior advantage of having no in vitro drug resistance and the added benefit of reduced cost of treatment.[1]

Iodine should never have been replaced with antibiotics in the first place for in the long run they have hurt our children and just about every adult alive today. Iodine is one of the most important nutritional minerals, which is important in the treatment and prevention of cancer, diabetes, heart and neurological diseases. Iodine actually was the first allopathic medicine discovered and the only one that guaranteed recovery from the disease it was prescribed to treat—goiter. More iodine has been produced and used in hospitals than any other during these past 150 years. Pediatricians

need to open up their minds to iodine for in the end it's the one substance that stands between their patients and a horde of hostile infections.

Every parent needs iodine to protect their children and themselves from super resistant bacteria that are increasingly dominating infections in hospitals. Parents also need iodine when the first signs of flu or other viruses strike. Every mother will want to have a bottle of Nascent Iodine for it is ideal for giving to children in high dosages without stomach upset. Lugol's is a good and less expensive iodine but try to get it down a child's throat. Pediatricians also will want to stock their shelves with the Nascent iodine so they can make sure that each of their young patients is being dosed with palatable iodine.

Educated parents who protect their children from the vaccinationists, whose main lust in life is to poison and weaken the immune system of young children, know that iodine can step in to strengthen, not weaken, our children's immune systems. Iodine is the supreme enemy not only of the nastiest bacteria but also their smaller distant cousins – the viruses medical officials have us so worried about.

Though it kills 90 percent of bacteria on the skin within 90 seconds its use as an antibiotic has been tragically ignored. Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing **all classes of pathogens**: gram-positive and gram-negative bacteria, mycobacteria, yeasts, and protozoa. **Most bacteria are killed within 15 to 30 seconds of contact.**

The minimum number of iodine molecules required to destroy one bacterium varies with the species. For H. influenzae it was calculated to be 15,000 molecules of iodine per cell. When bacteria are treated with iodine, the inorganic phosphate uptake and oxygen consumption by the cells immediately ceases.[2] Iodine is an excellent microbicide with a broad range of action that includes almost all of the important health-related microorganisms, such as enteric bacteria, enteric viruses, bacterial viruses, fungi and protozoan cysts.[3]

Iodine is by far the best antibiotic, antiviral and antiseptic of all time.

- Dr. David Derry

Dr. Derry says that iodine is effective "for standard pathogens such as Staphylococcus, has the broadest range of action, fewest side effects and no development of bacterial resistance." There is a world of difference between using an antibiotic—anti-life substance—and an antibiotic, antiviral and antifungal substance like iodine, which is life-serving because it is a basic and most necessary nutritional substance.

Iodine kills single-celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures their proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't.

Staph are incredibly cagey and will ultimately find their way around any antibiotic in use.

- Dr. Kenneth Alexander

A new antibiotic-resistant gene has become widespread in several species of bacteria in India, Pakistan, and the UK. Bacteria with the gene are resistant to nearly all classes of antibiotics, reports an international team of scientists today in *The Lancet Infectious Diseases*. The bacteria appear to have been brought into the UK and other European countries by patients who travelled to India for medical procedures including cosmetic surgery. One of the strains studied in the research was "truly pan-resistant"—resistant *in vitro* to all available classes of antibiotics, write the researchers, led by Karthikeyan Kumarasamy of the University of Madras, Chennai, India. This finding "could herald a period in which antibiotics become redundant," according to a press release by *The Lancet*.

Studies have shown that the chances of dying from hospital pneumonia or septicaemia (blood poisoning) are twice as high if the bacteria are drug-resistant, rising in the case of pneumonia from 20-30% to 40-60%.

Highly contagious, spread by coughs and sneezes, pertussis is now epidemic in California, with 2,774 confirmed cases in 2010—a sevenfold increase from last year, putting the state on track for the worst outbreak in 50 years. Seven infants have died. Mothers everywhere are going to be desperate as this spreads further year by year. They are going to need to understand how to use iodine as well as magnesium and sodium bicarbonate to combat these vaccine failed infections. We have to hope that pediatricians will come to

their senses and embrace safe ways of dealing with their patients' infections.

The nation's hospitals are failing to protect patients from potentially fatal infections despite years of prevention campaigns, the government said in April of 2010 and called for "urgent attention" to address the shortcomings, which were first brought to light over a decade ago. As many as 98,000 people die every year from medical errors and preventable infections. Rates of bloodstream infections following surgery have recently increased by 8 percent. Urinary infections from the use of a catheter following surgery have increased by 3.6 percent. The overall incidence for a series of common infections due to medical care has increased by 1.6 percent. Iodine can and will, if universally used again, reverse these increases.

If you've just been to hospital and have recently developed hepatitis, guess where you got it from? Researchers have discovered that it's common for patients to get infected with the virus from hospital equipment, but they don't know the extent of the problem. Researchers traced the infections back to the IV (intravenous) drip that was used to deliver anaesthesia during a procedure. Researchers admit that infection from contaminated equipment in hospitals is common, but they have no idea about the extent of the problem and how many people have been unwittingly infected.[4]

Infections cause 68 percent of child deaths.

Iodine potentially can save millions of lives. More than two-thirds of the estimated 8.8 million deaths in children under five worldwide in 2008 were caused by infectious diseases like pneumonia, diarrhea and malaria, according to a study on behalf of the World Health Organization and the United Nations Children's Fund (UNICEF).

The study, published in *The Lancet* found that infectious diseases caused 68% of deaths in under fives, led by pneumonia (18%, 1.58 million children), diarrhea (15%, 1.34 million) and malaria (8%, 0.73 million).

Many people who die in the hospital after surgery are dying not from the surgery itself but from the infections that have gotten out of control. "In many ways, this is it," Professor Tim Walsh. "This is potentially the end. **There are no antibiotics in the pipeline that have activity against NDM 1-producing enterobacteriaceae.** We have a bleak window of maybe 10 years where we are going to have to use the antibiotics we have very wisely, but also grapple with the reality that we have nothing to treat these infections with." Walsh, like most doctors today, has totally forgotten about iodine and how it is used routinely to sweep anything it is applied to clean of infections.

> *It may be some time before we really enter the predicted "post antibiotic era" in which common infections are frequently untreatable.* [5]
>
> *- Dr. Marc Lipsitch et al.*
>
> *- Harvard School of Public Health*

Dr. David Derry wrote,

> Iodine was the most effective agent for killing viruses, especially influenza viruses. Aerosol iodine was found to kill viruses in sprayed mists, and solutions of iodine were equally effective. In 1945, Burnet and Stone found that **putting iodine on mice snouts prevented the mice from being**

> **infected with live influenza virus** in mists. They suggested that impregnating masks with iodine would help stop viral spread. They also recommended that medical personnel have iodine-aerosol-treated rooms for examination and treatment of highly infected patients. Current methods of dealing with influenza infection are isolation, hand washing, antiviral drugs, and vaccinations. All of these methods can be improved by incorporating iodine into them. When impregnated with iodine, masks become much more effective, and hand washing is more effect when done with mild iodine solutions.

The tremendous diversity and mutability of many infections and their ability to intelligently exploit the cells is one of the main reasons we should return to iodine as our favored broad spectrum antibiotic, anti-viral and anti-fungal agent. Iodine provides us with a safe way to strengthen innate responses to invading microbes while simultaneously correcting or eliminating a basic nutritional deficiency that causes immunological unresponsiveness. Iodine also chelates out mercury of the thyroid as well as the full list of halogens that are poisoning most everyone.

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[1] Evaluation of topical povidone-iodine in chronic suppurative otitis media; Java C et al; Arch Otolaryngol Head Neck Surg. 2003 Oct;129(10):1098-100 **; Entrez Pubmed**

[2] STERILIZATION ACTION OF CHLORINE AND IODINE ON BACTERIA AND VIRUSES IN WATER SYSTEMS; JOHNS HOPKINS UNIV BALTIMORE MD SCHOOLOF HYGIENE AND PUBLIC HEALTH; Final rept. 1 Jul 1962-30 Jun 1966;

stinet.dtic.mil/oai/oai?&verb=getRecord&
metadataPrefix=html&identifier=AD0476804

[3] www.ispcorp.com/products/
pharma/content/brochure/pvpiodine/antiact.html

Table 4: Microbiological Efficacy Activity of PVP-Iodine versus Bacteria, Yeasts and Molds, Actinomycetes and Rickettsia

ORGANISMS (NO. of STRAINS)	RANGE OF PVP-I IN ppm AVAILABLE IODINE	CONTACT OF KILL TIME IN SECONDS
Proteus (41)	100 - 2500	15 - 180
Staphylococcus (36)	66 - 2500	15 - 80
Pseudomonas (36)	25 - 2500	15 - 900
Streptococcus (25)	200 - 2500	15 - 30
Escherichia (23)	200 - 2500	30 - 120

Salmonells (9)	1000 - 2500	15 - 60
Candida (8)	3.75 - 2500	10 - 120
Serratia (6)	200 - 2500	60 - 120
Spores-Baccillus; Clostridium (6)	10000	2 - 5 Hours
Trichomomonas (5)	400 - 2500	30 - 60
Enterobacter (4)	1000 - 2500	60
Klebsiella (4)	500 - 2500	60
Clostridium (4)	1000	30 - 60
Shigella (3)	1000 - 2500	60
Corynebacterium (3)	2500	60

Diplococcus (3)	1000 - 2500	60
Mycobacterium (3)	1000 - 2500	60 - 120
Bacillus (3)	7.5 - 2500	10 - 30
Sarcina (2)	500 - 2500	60
Trichophyton (2)	1000	60
Aspergillus (2)	1000	30
Mima (1)	2500	60
Herella (1)	2500	60
Edwardsiella (1)	2500	60
Citrobacter (1)	2500	60
Providencia (1)	1000	60

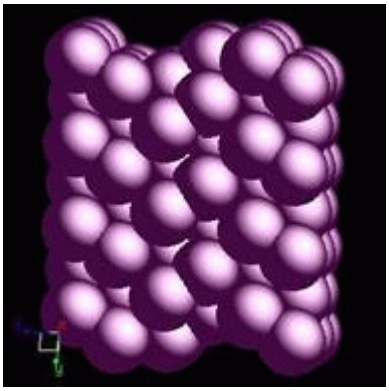
Acienetobacter (1)	3.75	10
Epidermophyton (1)	1000	60
Microsporum (1)	1000	60
Pencillium (1)	1000	30
Nocardia (1)	2500	60

[4] Source: Gastroenterology, 2010; 139: 163-70.

[5] Marc Lipsitch, Randall S. Singer, and Bruce R. Levin. Department of Epidemiology, Harvard School of Public Health, 677 Huntington Avenue, Boston, MA 02115; Department of Veterinary Pathobiology, University of Illinois, Urbana, IL 61802; and Department of Biology, Emory University, Atlanta, GA 30322

Iodine Dosages

Treatment of Influenza and Other Diseases

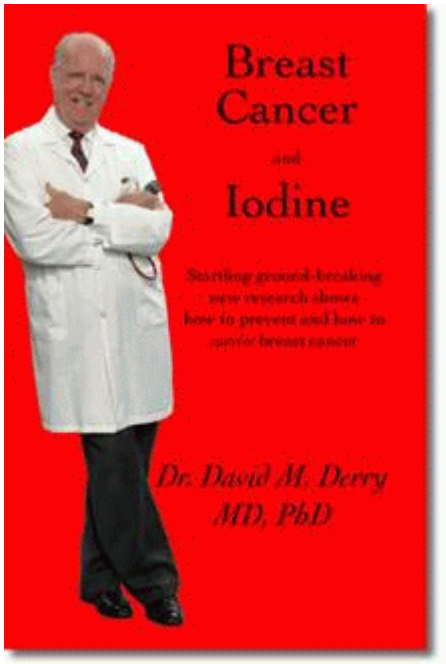


There are several reference points we can use to plot out iodine dosages for a variety of disorders that beg for the use of iodine for successful treatment. In this chapter I will present different views and practices from present as well as from the long past when iodine was vastly more popular as a medicine than it is today. For whatever irrational reason, doctors and patients fear iodine thus en mass do not use to its fullest potential

Humans tolerate large doses of iodine but the ultra high doses that were used many decades ago are not required to get the most out of iodine therapy. Just a little goes a long way, as the governmental iodized salt programs showed but this dosage level was only affective for goiter and its avoidance. It actually takes very little iodine to prevent this disease but no one ever said that was the only purpose and need for iodine in the body. Today people are more deficient then ever before because our need for iodine has increased in direct proportion to our toxic burdens especially of other competing halogens.

So effective is iodine that aerosols can be effective in sterilizing a room at levels not even detectable by humans. But Dr. David Derry of Canada says that, "Dietary iodine found in iodized salt is **below the amounts needed to fill mucus defense roles.** To protect themselves, people wishing to boost their defense against infections should supplement their diets with iodine."

"Extremely high doses of iodine can have serious side effects, but only a small fraction of such extreme doses are necessary to kill influenza viruses," continues Derry who tells us, "In 1945, a breakthrough occurred when J.D. Stone and Sir McFarland Burnet (who later went on to win a Nobel Prize for his Clonal Selection Theory) **exposed mice to lethal effects of influenza viral mists. The lethal disease was prevented by putting iodine solution on mice snouts just prior to placing them in chambers containing influenza viruses.**"



Dr. Derry is one of several MDs that I refer to as the Iodine Doctors.

Dr. David Brownstein said:

> After testing individuals and finding low iodine levels, I began to use smaller milligram amounts of iodine/iodide (6.25mg/day). Upon retesting these individuals 1-2 months later, little progress was made. I therefore began using higher milligram doses (6.25-50mg) to increase the serum levels of iodine. It was only with these higher doses that I began to see clinical improvement as well as positive changes in the laboratory tests. Why would people need the larger doses of iodine? Why have iodine levels fallen 50 percent in the last 30 years? As I pondered these questions, I came to the conclusion that the toxicity of modern life must be impacting iodine levels. It is well known that the toxic halides, fluoride and bromide, having a similar structure as iodine, can competitively inhibit iodine absorption and binding in the body. Because of the elevated levels of toxic halides in the environment and in the food supply, iodine levels have not only fallen but larger amounts of iodine are necessary to correct iodine deficiency as well as to promote a detoxifying effect of heavy metals.

I have suggested that people put iodine into a nebulizer for aerosol treatment for transdermal effect into the lung tissues in the case of lung cancer, emphysema, asthma and tuberculosis. I make the recommendation to do the same with magnesium chloride, sodium bicarbonate and glutathione. It seems obvious that iodine would make the ideal first line of defense in influenza prevention and

without doubt in the treatment of both swine flu and regular influenza. Iodine, teamed up with these other primary and very necessary substances, offers an exceptionally strong defense and treatment against viral infection. It certainly is better than the antiviral Tamiflu, which only reduces symptoms by only one day. It is really not hard to beat that.

Some physicians I know are also using chlorine dioxide as an agent for treatment either **transdermally or intravenously** applied but I would never use it for the prevention of anything. Though I have heard some success stories about chlorine dioxide I do not use it myself nor for my children. I always will reach for the iodine first for all the things that chlorine dioxide proponents advocate, for the iodine is much safer for oral usage, especially when used in the right form. The body needs iodine anyway as a fundamental nutritional item but when even heavier guns are needed instead of reaching for a pharmaceutical one can think of chlorine dioxide.

A function of iodine in the human body relates to clear thinking. The mind simply works better when the body is supplied the iodine it needs and studies do show that iodine deficiency leads to decline in IQ.

Despite its being critical to normal neurocognitive development, a new study finds that only 51 percent of U.S. prenatal multivitamin brands contain any iodine, and in a number of randomly selected brands, the actual dose of iodine contained in the supplements did not match values on the labeling.[1] It is easy to understand a synthetic pharmaceutical being phased out but to have iodine, an

essential nutritional element that doubles as a super effective full spectrum anti-pathogen, ignored for what it can do is not reasonable.

Dr. Michael B. Schachter says, “The treatment dose when a person is iodine insufficient is generally between 12.5 mg and 50 mg daily. Preliminary research indicates that if a person is iodine insufficient, **it takes about 3 months to become iodine sufficient while ingesting a dosage of 50 mg of iodine and a year to become iodine sufficient while ingesting a dosage of 12.5 mg of iodine daily.** However, the patient needs to be monitored closely with awareness of possible side effects and detoxification reactions.” This is quite a bit of iodine and if his statements can be substantiated then most people are using dosages that are much too low.

In fact if we put our attention on the full iodine story, which collides with the fluoride, mercury and bromide story we conclude that we can only err on the side of too low of a dose. Patients should push their dosages higher and higher until they get the desired result but I recommend doing this slowly unless there is little time as is the case in emergency situations or very late stage cancer. When using the Nascent Iodine one can dose pulse every two hours orally taking each individual dose up to as many as 20 drops and even at this level we are no where near points of iodine toxicity and tolerance. I have given my own three-year-old up to 15 drops in a dose when she was confronted with fever and infection.

When treating life-threatening diseases we do not have months to fool around with low dosages. We need to zoom up iodine levels quickly. And we need to get it concentrated to certain tissues or organs. Just to give you an idea of how high iodine dosages have been taken to we have to revisit the 1930s when iodine was still a

universal medicine, present in the U.S. Pharmacopeia and was used at much higher dosages than anyone even dreams of using today.

The usual dose for treatment was 300 mgs (46 drops of full-strength Lugol's) to 1 gm (1000 mg, 154 drops). It is very important to realize that today's Lugol's is not universally the same as it was because of new federal legal requirements about concentration levels. The best company offers Lugol's at varying concentration levels (2.2%, 3% and 7%). Nascent is a 2% solution.

Preoperative before thyroidectomy: Lugol solution 5-10 gtt three times daily, or 2-6 gtt twice or three times daily given 10-21 days prior to surgery has been used.

- MedlinePlus

Dr. Schachter wrote, "Dr. Abraham started this Iodine Project around 1998 when he became aware of the many benefits of treating patients with iodine using doses far beyond the 2 mg a day, which most physicians consider to be potentially toxic. He noted that starting in the 1820s, the French physician Jean Lugol used these higher doses to treat a wide variety of conditions. Dr. Lugol combined elemental iodine (5%) and potassium iodide (10%) with 85% water. Since iodine kills infectious agents, Dr. Lugol successfully treated many infectious conditions with this solution, which became known as Lugol's solution, and which is still available today. Prior to World War II, many American and European physicians used Lugol's solution to treat thyroid conditions, using doses higher than 2 mg daily without apparent significant adverse effects."

When you look at mainstream recommendations all the above information seems strange but this is because dosage and RDA are set obscenely low. Note instead of talking in milligrams (mg) the RDA is in micrograms (mcg), which is a scale exactly 1000 times less. Meaning it takes 1000 mcg to equal 1 mg and it takes 1000 mg to equal a gram.

> Recommended Daily Allowance (RDA): 50 mcg daily for infants 0-12 months; 90mcg daily for 1-8 years; 120 mcg daily for 9-13 years; 150 mcg daily for 14-18 years.
>
> Adequate Intake (AI) for infants: 110 mcg daily for ages 0-6 months; 130 mcg daily for 7-12 months.
>
> Tolerable Upper Intake Levels (UL): 200 mcg/day for ages 1-3 years; 300 mcg/day for 4-8 years; 600 mcg/day for 9-13 years; 900 mcg/day for 14-18 years (including pregnancy and lactation).
>
> Radiation emergencies: Potassium iodide (KI) should be taken just prior to, or as soon as possible after exposure. For infants, babies, and children, KI is administered for exposure of 5 centigrays (cGy) or more. For birth through 1 month, 16mg can be administered; for 1 month through 3 years, 32 mg can be administered; for 3-12 years, 65 mg can be administered; for adolescents ages 12-18 years, 65 mg can be administered (or up to 120 mg if the adolescent is approaching adult size).

The highest dosage I have heard any doctor using today is 100 mg and that is quite a bit when you take iodine in a form where you can taste and appreciate what you are taking into your body. My favorite

iodine (Nascent) is ideal for oral and aerosol applications into both nebulizers and vaporizers though I believe Lugol's, which is harsher on the stomach and has a very bitter taste, is better for transdermal application to the skin not only because it is less expensive but because you can get it at higher concentration.

Nascent Iodine, though more expensive actually tastes and feels good while going down and is gentle enough to give to children, who do not seem to complain about its taste. Having it on hand for ones children is important for when they need it you can get them to take it but that is not so certain with Lugol's. Nascent iodine contains approximately 400 mcg per drop so 10 drops is 4 mg and 100 drops is only 40 so it's safe to take much higher dosages than is suggested on the bottle. One hundred drops a day is a strong dose, but when treating life threatening diseases it would not be unheard of to use upward of 200 drops a day in divided doses. It is very important to remember though that one should not shoot straight up to these dosage levels. One should start at low dosages and monitor for detox reactions, which will be less if sodium bicarbonate and other substances are used in conjunction.

For alcohol-sensitive people there is
Nanocollidal iodine: bit.ly/cedabear.
Recovered alcoholics are extremely sensitive
with the tiniest amount of any alcohol a
problem.

Dr. Abrahams recommends taking 50 mg of Iodine/Iodide as Lugol's solution (8 drops) daily for 3 months as a loading dose. Lugol's solution is available online at varying concentrations. Then his recommendation is that dose should be gradually reduced to the 12.5

mg (2 drops) maintenance dosage under the supervision of a knowledgeable health care professional. Dr Abrahams feels that 14 to 15 mg. of iodine/iodide daily is the upper maximum of safety for long term use. This is close to Dr. James Howenstine's (another prominent iodine advocate) recommended dose of 12.5 mg daily.

In 1953 Dr. Orian Truss discovered the devastating effects of antibiotics in an Alabama (USA) hospital. During a hospital round Truss was intrigued by a gaunt, apparently elderly man who was obviously dying. However, he was only in his forties and in hospital for four months. No specialist had been able to make a diagnosis. Out of curiosity Truss asked the patient when be was last completely well. The man answered that he was well until six months before when he had cut his finger He had received antibiotics for this. Shortly afterwards he developed diarrhea and his health deteriorated. Truss had seen before how antibiotics cause diarrhea. It was known that Candida was opportunistic and thrived in debilitated patients, but now Truss wondered if it might not be the other way round, that Candida actually caused the debilitated condition.

Truss had read that potassium iodide solution could be used to treat Candida infestation of the blood. So he put the patient on **six to eight drops of Lugol's solution four times a day** and soon the patient was again completely well. Soon afterwards he had a female patient with a stuffy nose, a throbbing headache, vaginitis and severe depression. To his amazement all her problems immediately cleared with Candida treatment.

When I was coming to closure on this chapter I happened to talk to Dr. Brownstein. We were in total agreement about dosages. Our consensus extended to the proposition that the sicker the patient the

more iodine they would need with most average patients needing 25 to 50 mgs with 12 mg being a good maintenance dose though of course this varies with the quality of ones diet and with ones location. Living near the beach has its health advantages but in no case should one depend on iodized salt for their needs.

Dr. Brownstein said he was using 200 to 300 mg with his prostate and breast cancer patients with those who have metastases needing the highest dosages. He also uses both Lugol's and Nascent reserving the Nascent for his more sensitive patients. The there are the tablet form of varying dosage, which are used by more than several of the iodine doctors I know.

> *Iodine is needed in microgram amounts for the thyroid, mg amounts for breast and other tissues, and* ***can be used therapeutically in gram amounts***.[2]
>
> *- Dr. David Miller*

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[1] www.medscape.com/viewarticle/588739

[2] Iodine Metabolism;
iodine4health.com/overviews/clinicians/miller_clinician.htm

Malaria, Tuberculosis

Alternative Treatments with Iodine and other Agents

The *New York Times* published an article saying, "The parasite that causes the deadliest form of malaria is showing the first signs of resistance to the best new drug against it."[1] The *New England Journal of Medicine* has published research saying that the drug is losing its potency and a cry is going out that a great effort needs to be made to prevent the drug-resistant malaria from spreading across the globe.

"This is something we can't just slide under the carpet," said R. Timothy Ziemer, a retired admiral in the United States Navy who heads the President's Malaria Initiative, the $1.2 billion program started by the Bush administration three years ago to cut malaria deaths in half in the countries affected worst. The problem is that there are no new drugs to take the place of the present artemisinin-based combination with no immediate prospects under development.

Recent studies show that artemisinin-based drugs are becoming less effective in removing the parasite from the bloodstream. While a few years ago it took the drugs 48 hours to clear the bloodstream of parasites, it now can take 120 hours. The danger is that the malaria could spread and become a global emergency.

Drug-resistant tuberculosis is also spreading much faster than medical experts expected, the World Health Organization said in February of 2008. The rate of TB patients infected with the drug-resistant strain topped 20 percent in some countries, the highest ever recorded, with rates expected to soar even higher. According to the WHO, outbreaks of drug-resistant tuberculosis are showing up all over the world and threaten to touch off a worldwide epidemic of virtually incurable tuberculosis.[2]

Seventeen clinical isolates of Mycobacterium tuberculosis were tested. **Povidone-iodine** (PVP-I) at a concentration of 0.2% killed 99.9% or more of all strains tested within 30s. All of the strains tested with PVP-I were killed almost completely within 60s. There was no difference in bactericidal activities of PVP-I between standard strain H37Rv and MDR-TB. We conclude that the commercially available PVP-I product is a useful antiseptic against MDR-TB similar to other M. tuberculosi.[3]

Part of the answer to the emergency with malaria and tuberculosis has been known for a long time. As early as June 1, 1905 we see an article printed in the *New York Times*[4] about the successful use of iodine for consumption/tuberculosis. Though iodine kills most pathogens on the skin within 90 seconds its use as an antibiotic/antiviral/antifungal has been completely ignored by modern medicine.

Iodine exhibits activity against bacteria, molds, yeasts, protozoa, and many viruses; indeed, of all antiseptic preparations suitable for direct use on humans and animals and upon tissues, only iodine is capable of killing **all classes of pathogens**: gram-positive and gram-negative bacteria, mycobacteria, fungi, yeasts, viruses and protozoa. **Most bacteria are killed within 15 to 30 seconds of contact.**

Iodine is by far the best antibiotic, antiviral
and antiseptic of all time.
- Dr. David Derry

Dr. Derry says iodine is effective “for standard pathogens such as Staphylococcus, but also iodine has the broadest range of action, fewest side effects and no development of bacterial resistance.” Some

doctors have reported that it is excellent for the treatment of mononucleosis. Iodine kills single celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't.

Iodine offers a serious and potent replacement for much of the antibiotics that are literally destroying people's lives and can be used safely with children.

When treating something as serious as malaria combination therapy is always advisable. **In this chapter and in all my work I never suggest single shot cures for anything.** When it comes to malaria it is still a good idea to use quinine with or before the iodine and sodium bicarbonate. Bicarbonate is used in orthodox malaria treatments[5] but for different reasons. It is the same with cancer, oncologists can hardly give chemotherapy without using sodium bicarbonate but instead of using it effectively to change overall pH they use it as a buffer so their chemo agents do not burn and kill human tissues on application.

Using bicarbonate to change blood and full body pH is going to shift the environment of the parasites making it more uncomfortable for them to continue to inhabit the host. Malaria is often associated with abnormalities of fluid, electrolytes and acid-base balance. These can occur in anybody, but are more common in severe falciparum

malaria, extremes of age, and in patients with high degree of fever and vomiting/diarrhea. Sodium bicarbonate along with magnesium chloride are work horse medicines that are extremely useful in almost all clinical situations. Certainly they are useful together in infectious diseases supporting as they do basic physiology and mitochondrial function.

Orthoiodosupplementation should be part of a complete nutritional program, emphasizing magnesium instead of calcium.

- Dr. Guy Abraham

Dr. David Brownstein, author of Iodine – Why You Need It, uses iodine extensively in his practice and says, "Iodine is a wonderful antibiotic solution without question and most importantly **I never see any of my patients complain of dysbiotic reactions from its use."** Because drug-resistant micro-organisms continue to emerge and the number of patients susceptible to these infections is increasing dramatically an approach that utilizes the innate powers of the immune system as a therapeutic agent will have the greatest benefit to sick patients. The body's ability to resist infection and disease is hindered by long-term deficiency in essential vitamins and minerals including that of iodine. Poor immune response is correlated with impaired thyroid function; **a deficiency in iodine can greatly affect the immune system** because low levels of iodine lead to problems with the thyroid gland.[6]

*Ten consecutive patients with HCV (**hepatitis C virus**)-related cirrhosis who underwent liver surgical resection for hepatocellular carcinoma were treated with adjuvant*

injection of 131-iodine-labeled lipiodol. Injected iodine improved the disease-free survival rate following liver resection of hepatocellular carcinoma for up to 15 months.[7]

I personally talked to a missionary Stephen Fisher in Zambia on the phone last year, who told me about his very successful use of iodine to treat people with malaria. But the iodine malaria story also goes back a hundred years with malaria. Sunkar A. Bisey a Hindu scientist was suffering from malaria in the early 1900s and quinine didn't seem to do him any good. His life was despaired of, and a Hindu doctor, hoping to save the life of India's first and greatest inventor, sent on a few doses of a Burmese preparation, made from seaweed, that had proved useful in treating chronic malaria there. Bisey tried it. The effect was electrical. He began to improve at once and in a month was a well man. He set out to research the contents of the seaweed and ended up producing the compound now known as Beslin or atomic iodine or now is called Nascent Iodine.

Studies of thyroid function suggest an acceleration of peripheral thyroxine (T4) turnover during malaria. Thus there appears to be an initial depression followed by a rebound in rates of thyroidal iodine release.[8]

Eventually antibiotics are going to be seen as one of the worst things to ever come out of pharmaceutical science because they have made us only weaker in the face of ever increasingly stronger super bugs. Antibiotics are also polluting our rivers, streams and water supplies all over the world.

It is interesting to note that Salem Banajeh, Associate Professor-Child Health at Sana'a University-Sana'a-Yemen found that case **fatality for malaria is 4 times higher in highlands compared with endemic areas**.[9] Iodine deficiency would explain this, which would explain why iodine is an effective treatment for malaria.

Malaria was treated by Stephen Fisher with 20 drops of Nascent Iodine in a half glass of water given 4 or 5 times during the first day and then going to 10 drops of Nascent Iodine 4 times a day for 3 more days though higher dosages can be administered for much longer since iodine is a nutritional medicine that is needed by the body anyway. Dr. Brownstein and others use much higher dosages of other iodine forms namely Lugol's[10] and Iodoral for cancer treatment so one need not be afraid to take the dosages way up.

Dr. A. Regnault, while recognizing the great value of quinine in the treatment of malaria, said in 1901 that it was becoming a matter of general recognition that the quinine-series of drugs is of service only during certain developmental periods of the disease. It is held that the toxins are developed with great rapidity just at the time of the division of the parasites. In order to eliminate these toxins, Dr. Regnault suggested the use of iodine and potassium iodide, iodine

being a body that has a special affinity for bodies of the alkaloid class, and presumably for the supposed analogies of these toxins. The results obtained were reported as being very striking in that not only were the attacks aborted, but the action on the fever itself was striking and immediate with chills, vomiting and malaise disappearing rapidly.[11]

Myeloperoxidase has potent antimicrobial activity against bacteria, fungi, viruses, and mycoplasma when combined with H2O2 and iodide, bromide, or chloride. It is strongly toxic to HIV-1.[12]

Iodide is accumulated during phagocytosis, the process of engulfing and ingesting bacteria and other foreign bodies. The iodide is attached to the bacteria and to proteins, creating iodoproteins including monoiodotyrosine (T1). Sometimes, the thyroid hormones are utilized as the source of the iodide. Iodine supplementation is a molecular strategy that strengthens the immune response increasing the power and flexibility of the immune system against infection.

The tremendous diversity and mutability of many infections and their ability to intelligently exploit the cells is one of the main reasons we should return to iodine as our favored broad spectrum antibiotic, anti-viral and anti fungal agent. Iodine provides us with a safe way to strengthen innate responses to invading microbes while simultaneously correcting or eliminating a basic nutritional deficiency that causes immunological unresponsiveness.

Dr. Paul Yanick, Jr., “There are certain kinds of pathogens that enter the cells via abnormalities of key cell membrane receptors.” The use

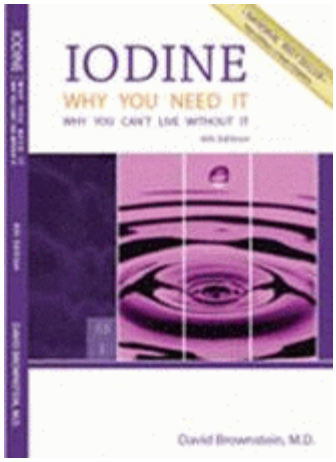
of natural medicines like magnesium chloride, sodium bicarbonate, vitamin C and selenium will act in concert to strengthen cell walls while the iodine goes out on its seek out and destroy pathogen mission. A separate paper could be written on the medical sense of high dosages of vitamin C in infectious situations and when all else fails there is a popular substance called MMS, which can be used transdermally (oral use of chlorites is very harsh on the stomach) and driven in with DMSO in the case of malaria.

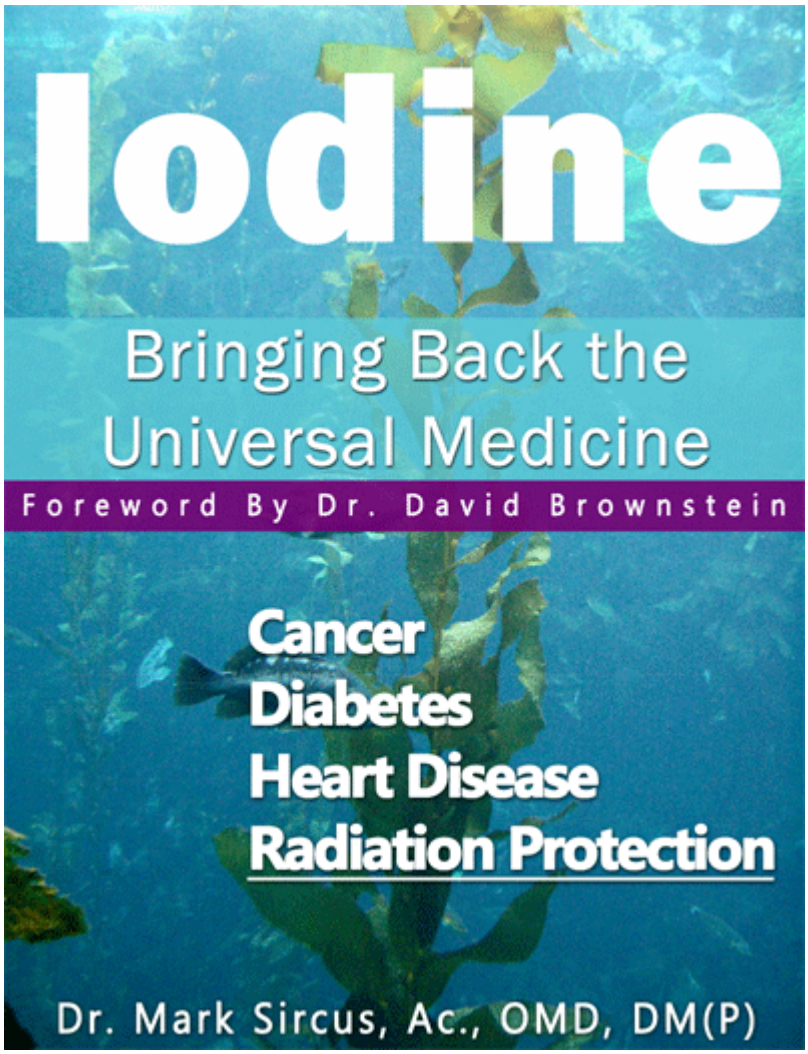
Iodine is able to penetrate quickly through the cell walls of microorganisms.

I always tend to heavily favor medicines that are native to human physiology and rarely turn to pharmaceuticals or something like MMS, which also has its toxic side. But one cannot be a fanatic about such things and there are emergency situations where toxic drugs and even antibiotics need to be used. In the case of MMS (which has a similar pathogen kill profile like iodine) I would always turn to iodine first and if extra medicinal muscle is called for then would turn to further options.

The minimum number of iodine molecules required to destroy one bacterium varies with the species. For H. influenzae it was calculated to be 15,000 molecules of iodine per cell. When bacteria are treated with iodine, the inorganic phosphate up-take and oxygen consumption by the cells immediately ceases.[13] Thus the antiseptic properties of iodine are used to sterilize every surface and material in hospitals. Iodine is an excellent microbicide with a broad range of action that includes almost all of the important health-related microorganisms, such as enteric bacteria, enteric viruses, bacterial viruses, fungi and protozoan cysts.[14]

Iodine is a deadly enemy of single cell microorganisms thus it can be our best friend in our fight against the most dangerous pathogens. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't.





Dr. David Brownstein, one of a core group of iodine doctors had very kind words to say about my first edition (see above cover) *Iodine - Bringing Back the Universal Medicine* book.

[1] www.nytimes.com/2009/01/27/health/27malaria.html?_r=1&th&emc=th

[2] Health care officials are increasingly concerned about emerging new forms of drug-resistant TB. An October 1997 survey by the WHO, the U.S. Centers for Disease Control and Prevention and the International Union Against Tuberculosis and Lung Disease estimates that 50 million people are infected with a strain of TB that is drug-resistant. Many of those are said to carry multi-drug-resistant tuberculosis-incurable by two or more of the standard drugs.

[3] Dermatology Vol. 204, Suppl. 1, 2002 Bactericidal Activities of Commonly Used Antiseptics against Multidrug-Resistant Mycobacterium tuberculosis. T. Rikimarua, M. Kondob, K. Kajimurab, K. Hashimotob, K. Oyamadab, K. Sagawab, S. Tanouea, K. Oizumia. Department of Internal Medicine and Clinical Laboratory, Kurume University School of Medicine, Kurume, Japan

[4] query.nytimes.com/gst/abstract.html?res=9406E4D81E3DE633A25752C0A9609C946497D6CF

[5] books.google.com/books?id=bXhn6Gzxwu0C&pg=PA52&lpg=PA52&dq=malayria+sodium+bicarbonate&source=bl&ots=ERBshOLXTb&sig=Z3H0iKhJDOJFCumqXqqTZbATmHA&hl=en&sa=X&oi=book_result&resnum=1&ct=result

[6] Marani L, Venturi S. Minerva Med. 1986 May 7;77(19):805-9.”Iodine was and is sometimes used therapeutically in various pathologies where the immune mechanism is known to play a dominant role. It has in fact been administered to patients with

tubercular granulomatous, lepromatous, syphilitic and mycotic lesions where it facilitates cure. This effect does not depend on iodine's action on the micro-organism responsible. Iodine may also be used in Villanova-Panol Panniculitis, in erythema nodosum, in nodular vasculitis, erythema multiforme and Sweet's syndrome. Oral iodine is also very effective in the lymphatic-cutaneous form of sporotrichosis. In order to establish a relationship between dietary iodine and immune response, 607 infants residing in an area of endemic goitre were studied: 215 were given Lugol solution (2 drops a week for about 8 months) and 392 not. The immune response was assessed by the skin test method using tetanic toxoid and a clear correlation was shown between this and lymphocyte stimulation and monocytic chemotaxis tests. The test was considered positive when an infiltration of at least 5 mm in diameter was shown after 48 hours (in the U.S. 80% of paediatric cases aged 2-10 years old were positive). A significant difference was noted in the average diameter of the infiltrations after the tetanic toxoid skin test in the two groups considered (P less than 0.001). The results appear to indicate that an adequate iodine intake is necessary for normal retarded immune response. The molecular mechanism by which iodine increases immune response is still to be decided.

[7] Eur J Surg Oncol. 2007 Feb;33(1):61-6. Epub 2006 Dec 18. Prevention of intrahepatic recurrence by adjuvant (131)iodine-labeled lipiodol after resection for hepatocellular carcinoma in HCV-related cirrhosis. Tabone M, Vigano' L, Ferrero A, Pellerito R, Carbonatto P, Capussotti L. Gastroenterology Division, Ospedale Mauriziano Umberto I, Largo Turati 62, 10128 Torino, Italy. m.tabone@virgilio.it

[8] J Clin Invest. 1972 September; 51(9): 2215–2232. Alterations in thyroid iodine release and the peripheral metabolism of thyroxine during acute falciparum malaria in man Leonard Wartofsky, Daniel Martin, and Jerry M. Earll. Department of Endocrinology and Metabolism, Walter Reed Army Institute of Research.

[9] Abdullah Al-Taiar, Shabbar Jaffar, Ali Assabri, Molham Al-Habori, Ahmed Azazy, Nagiba Al-Mahdi, Khaled Ameen, Brian M Greenwood, and Christopher J M Whitty Severe malaria in children in Yemen: two site observational study BMJ 2006; 333: 827

[10] Retired biochemist and toxicologist Walter Last has this to say about Lugols: “Lugol’s solution is an internal iodine solution designed to eliminate Candida and possibly viruses and other microbes from the bloodstream. Obtain 100ml of Lugol’s solution, also labeled Aqueous Iodine Oral Solution B.P., from a chemist. Take a test drop in liquid other then just water to make it taste less strong. If this does not cause an allergic reaction, continue to take 4 x 6 drops daily in liquid or mixed with food, but not together with vitamins A, C, E, grape seed extract or cysteine. Iodine is an oxidant and it is best to reduce the intake of antioxidants while using it. If the blood was contaminated, then you may initially experience a die-off reaction of the Candida, causing weakness and possibly headache or nausea. If this happens cut temporarily back on the amount of Lugol’s solution and drink plenty of water and diluted teas or juices. Continue for 3 weeks, but interrupt if you develop a serious reaction. Do not take the iodine for more than 3 weeks as that interferes with thyroid activity. If necessary repeat the course after several months.” Lugol’s can be purchased at www.herbhealers.com

[11] Revue de Medicine, 1901, vol xxi., p. 804

[12] iodine4health.com/body/immune/klebanoff_immune.htm

[13] STERILIZATION ACTION OF CHLORINE AND IODINE ON BACTERIA AND VIRUSES IN WATER SYSTEMS; JOHNS HOPKINS UNIV BALTIMORE MD SCHOOLOF HYGIENE AND PUBLIC HEALTH; Final rept. 1 Jul 1962-30 Jun 1966; stinet.dtic.mil/oai/oai?&verb=getRecord&metadataPrefix=html&identifier=AD0476804

[14] www.ispcorp.com/products/pharma/content/brochure/pvpiodine/antiact.html

Table 4: Microbiological Efficacy Activity of PVP-Iodine versus Bacteria, Yeasts and Molds, Actinomycetes and Rickettsia

ORGANISMS (NO. of STRAINS)	RANGE OF PVP-I IN ppm AVAILABLE IODINE	CONTACT OF KILL TIME IN SECONDS
Proteus (41)	100 - 2500	15 - 180
Staphylococcus (36)	66 - 2500	15 - 80
Pseudomonas (36)	25 - 2500	15 - 900

Streptococcus (25)	200 - 2500	15 - 30
Escherichia (23)	200 - 2500	30 - 120
Salmonells (9)	1000 - 2500	15 - 60
Candida (8)	3.75 - 2500	10 - 120
Serratia (6)	200 - 2500	60 - 120
Spores-Baccillus; Clostridium (6)	10000	2 - 5 Hours
Trichomomonas (5)	400 - 2500	30 - 60
Enterobacter (4)	1000 - 2500	60
Klebsiella (4)	500 - 2500	60
Clostridium (4)	1000	30 - 60

Shigella (3)	1000 - 2500	60
Corynebacterium (3)	2500	60
Diplococcus (3)	1000 - 2500	60
Mycobacterium (3)	1000 - 2500	60 - 120
Bacillus (3)	7.5 - 2500	10 - 30
Sarcina (2)	500 - 2500	60
Trichophyton (2)	1000	60
Aspergillus (2)	1000	30
Mima (1)	2500	60
Herella (1)	2500	60
Edwardsiella (1)	2500	60

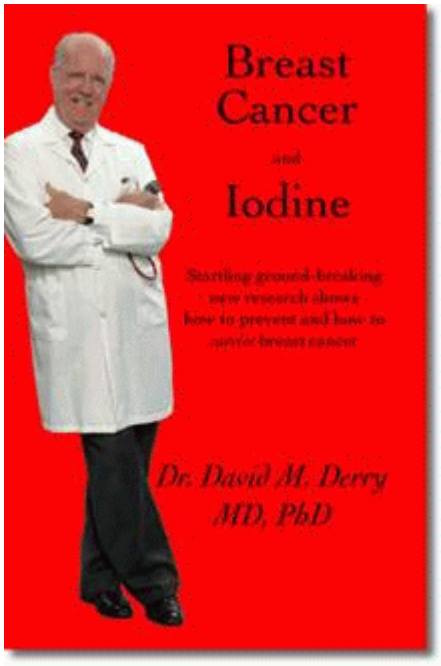
Citrobacter (1)	2500	60
Providencia (1)	1000	60
Acienetobacter (1)	3.75	10
Epidermophyton (1)	1000	60
Microsporum (1)	1000	60
Pencillium (1)	1000	30
Nocardia (1)	2500	60

Regeneration of Human Scar Tissue with Topical Iodine:

Dr. David M. Derry, MD, PhD*

Thyroid Science 3(6):CR1-9, 2008
www.ThyroidScience.com
www.thyroidscience.com/cases/Derry.Iodine.Regen.6.7.08.pdf

Contact: dderry@shaw.ca



Abstract. Since Spallanzini first described salamander limb regeneration in 1769, there has been slow progress in understanding this process. Potential treatment benefits from regeneration are worth the effort. A hypothesis that topical iodine would regenerate human scar tissue is tested by applying Lugol's solution to four scars

of various sizes, degree of damage, and location for variable lengths of time. Regeneration starts a few days after applying iodine and stops and forms adult scar if applications are discontinued. One face scar has completely regenerated. The wrist scar's terminal stages are being studied. The remaining two scars on the abdomen are behaving as if they are one and could take considerably longer to complete. Waiting for completion delays availability of this information for scientists, physicians, and patients. For the past three years, Nikon Cool Pix cameras recorded regeneration changes. Regenate material found under plastic wraps on the scars comes in two forms, snow-like and globular. Their function is unknown. Two black dots both 5 mm apart seen on the wrist and abdominal scar store iodine and appear to coordinate regeneration.

Hair is the regeneration workhorse and does an amazing number of things. Amongst the hair activities are free movement to any cell within its range in any direction and self-amputation possibly to strengthen regenerating tissue. Hair delivers regenate material and may be sending cell signals by touch, regenate material, and electrical impulses. The hypothesis that topical iodine in the form of Lugol's solution regenerates human scar tissue back to normal is supported by these preliminary findings.

Introduction
Regeneration and Wound Healing

Spallanzini in 1769 and Martin 230 years later expressed the same hope that a way is found to regenerate human tissue damage back to normal. Unfortunately, we are not yet close to unraveling either regeneration or wound healing. We do not understand regeneration

and progress is limited. Wound healing is also complex. Cotran says, “The magic behind the seemingly precise orchestration of these events (wound healing) under normal conditions remains beyond our grasp… “ On the other hand, Tsoni says, “The field of limb regeneration will prove to be one of the most important in the biomedical field.”

Iodine

Elemental iodine discovered in 1812 by Courtois has been a universal antiseptic for 150 years, and its only established human body function is making thyroid hormones in thyroid glands from dietary iodine. Long-term iodine intake levels dictate thyroid gland function and pathology. Iodine is found in every body cell and fluid. In relation to regeneration, thyroidectomy makes it abnormal and excess thyroid hormone inhibits it. In 1997 while treating patients with Lugol’s iodine for fibrocystic disease, out of curiosity, the author applied Lugol’s solution to a 50-year-old face scar that resulted from removal of a birth mole. Topical applications for three consecutive days did nothing. On the fourth day, the thin 2 cm white scar became red and hyperemic. Could this be regeneration? A hypothesis was formed: topical iodine in Lugol’s form could regenerate human scar tissue back to normal. Eight years later, the author began iodine applications to test this hypothesis.

Materials and Methods
Lugol ’s Solution

Lugol’s solution is made of 5% free iodine and 10% potassium iodide in water. Free iodine (elemental iodine) is only slightly soluble in

water, but 200 years ago Henri Lugol, a Paris physician, discovered that potassium iodide increased free iodine's solubility in water. Three chemical iodine species exist in Lugol's solutions: free elemental iodine, triiodide, and iodide. Free iodine reacts with water to make Lugol's solution brown, triiodide's weaker yellow color is not visible, and iodide is colorless.

Four Scars

During the 8 years between Lugol's solution scar applications, the author gained three new scars: two abdominal and one on the left wrist. (Figures 1 and 2) An 18 cm vertical abdominal scar was opened three times and accompanied by a horizontal colostomy scar. If we include the old one, there are four scars to study.

Figure 1. *Photo of 18 cm abdominal scar that was opened three times. Note the abundance of hair growth, induced by iodine, around the scar. The two black dots are the coordinating centers (5mm apart) and are level with the colostomy scar seen on the right of the picture (left of the*

abdomen). The umbilicus disappeared for two months and reappeared in this form. Note that applications of iodine have been stopped, and the scars have reverted to the adult form. The coordinating centers have stayed in place.

Best Method of Iodine Application

After medical discharge, Lugol's solution applied topically to scars began regeneration within several days. Daily scar application of iodine and covering with plastic to retain moisture and prevent iodine evaporation worked best.

Documentation with Cameras

Scar regeneration monitoring with normal microscopic procedures is impossible. Several small Nikon Cool Pix cameras with 5-8 mega pixels recorded changes. A zoom lens and one camera with an enlarging attachment enabled magnifications of 3-20 times. Photographing in order to learn what changes were occurring is unusual because there is no way of telling what you will find. New findings, stumbled upon, were automatically recorded. These findings were followed-up with a time-lapse photographic approach. Watching the regenerating area with a magnifying glass was like watching clouds—slow and not helpful.

Figure 2. *Wrist coordinating centers. They are dark because of the uptake of iodine for storage. They are 5mm apart. A partial trace of the residual scar in white is seen above the upper center. These two centers stayed in place during regeneration. This picture is taken 1.5 years after starting applications. The iodine stain is easily seen.*

Results
Definitions of Regeneration Terms, Free Iodine, and Skin Behavior

Coordination Centers

As long as iodine is applied daily with a plastic cover, regeneration continues. Over three years of study, no two pictures of any scar are the same even when the second is taken only a few minutes later than the first. Two dots 5mm apart appeared on both wrist and

abdominal scars. The dots seem to coordinate tissue activities and are named coordinatingcenters. (Figures 1 and 2.)

Regenate Material: Two Types
White Regenate Material

While under plastic wrap, a snow-like substance named white regenate material fell like snow onto scars, producing flat white layers. As topical iodine application levels increased progressively, the white regenate material became yellow, green, light brown, and then brown. Without plastic wrapping, regeneration was considerably slower and much less interesting photographically, and exhibited few signs of either kind of regenate material.

Figure 3. *Abdominal scar below the umbilicus. A number of globular regenerating masses are shown clearly soon after removing the plastic wrap. There is no special shape or size. The dark color likely is stored iodine. Abundant hair is intimately involved with every aspect of regeneration. Some*

sense of the finger-like swellings that continuously bind the two sides together can be seen on both sides. The large round non-descript area at the bottom of the photograph is the partially formed umbilical hernia.

Globular (Masses) Regenate Material

Under plastic wrap—once regeneration was well under way—globular non-descript masses appeared on scar areas on both abdominal and wrist scars. These globular masses had no standard shape or size and changed shape frequently. Most globular masses had hair associated with them. (Figures 3 and 4.)

Free Iodine's Behavior on Skin

Lugol's free iodine stains skin brown and evaporates rapidly. A stain loses 50% free iodine within two hours, 80% within two days, and by the third day 88% has evaporated. No further evaporation takes place. Therefore 12% of any one application gets into skin tissues as iodide. Covering with plastic minimizes evaporation and helps the regeneration rate. Iodide is also soluble in skin and would add to tissue levels.

Skin Response to Excess Iodine Application

If iodine applications were excessive especially on skin and not the scar, slight stinging resulted for a few minutes. This caused no ill effects, but may be a tissue signaling that iodine is not needed at that site, time, and dosage. Scars and scabs were much more iodine tolerant. Skin removes excess iodine triggering a few surface cell

deaths (apoptosis). These dying cells in turn release more proteins for iodine to react with. This more heavily-stained dead tissue sloughs off, but when under wrap it recycles into regenerating scar.

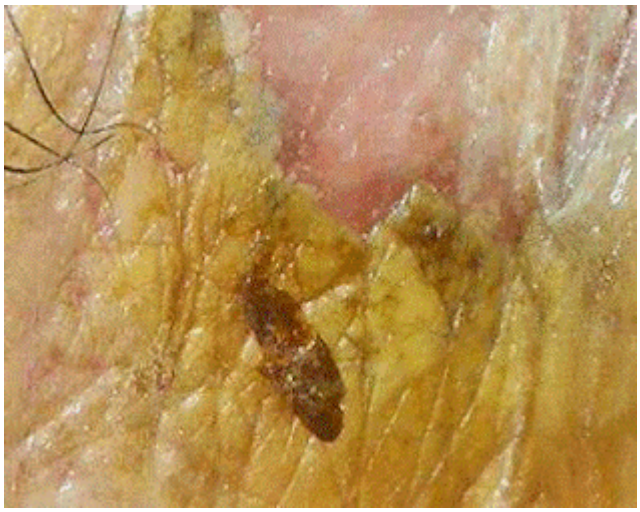


Figure 4. *Wrist globular mass (regenerating material) as seen through plastic wrap. There is yellow regenerating material (white with iodine in it). It was difficult to tell if globular mass shape changes or small movements were artifacts of body movement. Abdominal globular masses were mostly 5-10 mm in size, and wrist masses 1-2 mm. This mass is about 3 mm long. It changed direction many times but did not move. It lasted about 2 days and then disappeared.*

Wrist Scar Details

The wrist scar was a source of detail because it was easy to photograph. Two weeks post injury the wound became infected. Antiseptic iodine applications cleared the infection. When the scab fell off, in the middle of the 2cm scar were two dark dots 5mm apart straddling the radial artery. In retrospect, these two dots indicate

that regeneration starts during antiseptic iodine applications. The dots remain in place during regeneration (3 years). Time-lapse photography suggests that they coordinate regeneration. During regeneration, it appears as if everything moved except coordinating centers and hair follicles. Wrist coordinating centers were composed of one cell storing iodine. The centers continuously changed appearance within two minutes—for three years. There was also a palpable subcutaneous ridge between the wrist centers (this did not happen with the abdominal scar). Because nearby wrist hair interfered with photographing the coordinating centers, only once—early in the process—were hairs shaved away. Better coordinating center pictures resulted, but the shaving slowed regeneration. As we learn below, hair is a regeneration workhorse.

Figure 5. *This is a picture of the top of the abdominal scar about a month after starting applications of iodine. Note the large number of new hairs adjacent to and in the crevasse. At the end of the crevasse there is a tiny black dot. This was the first sign of the coordinating centers for the abdominal scars.*

Face Scar Regeneration

The face scar was the easiest to regenerate. No coordinating centers appeared at any time. As surgery was done by a plastic surgeon, there was minimal tissue damage and it was gone in 6 months.

Abdominal Scars (Laparotomy, X3 and Colostomy)

During the initial healing process, the scar below the umbilicus had an obvious tissue deficit and thus was healing with secondary intention. Whereas, above the umbilicus scar edges were apposed and healing was by primary intention. The two scar areas above and below regenerated differently. At any time, either the upper or the lower half of the scar was active while the other half was quiet. The halves switched roles at about 6-month intervals. The top half scar formed crevasses with abundant regenate material and hair. (Figures 5 and 6)

Figure 6. *This picture is also of the upper part of the scar closer to the umbilicus. The umbilicus is the round white mass on the right hand side. The umbilicus was on its way to disappearing at this point. There is abundant regenate material and hair around the central crevasse. Picture is taken through a plastic wrap. In the middle, some regenate material can be seen sticking to the plastic wrap. More of a brown color regenate material is sticking to the wrap on the lower left side of the scar. The white glistening is an artifact from the wrap. Below the umbilicus regeneration was interesting. The two scar sides had a significant deficit gap. The walls approached each other acting somewhat like two hands with fingers extended pointing at each other as they came together. (Figure 3) One or more "fingers" on one side would slide over the gap and attach to the other side. Then the opposite side would do the same thing. These swellings (like fingers of the hand) just welled up from tissues, and might not take longer than a couple of hours to cross over and complete. The (finger-like) swellings were thick until later stages of regeneration, when they thinned. This went on for years.*

Three Hernias: Umbilical, Left Side, Abdominal and Colostomy Muscle

The umbilicus exhibited various appearances during the first year. At one point the umbilicus disappeared. A couple of months later umbilical tissue reappeared (Figure 1), and a year later it formed an umbilical hernia to aid regeneration.

Two Other Hernias

Two other hernias, one a small abdominal hernia opposite the umbilicus and another, a colostomy muscle hernia, moved medially (each towards the middle) towards and began merging with the umbilical hernia. In Figure 1 where the scar has been regenerating for over a year, there is still no sign of either the abdominal hernia or the colostomy hernia (which become prominent a year or so later).

Figure 7. *The two abdominal coordinating centers in one of their many types of appearances. Viewing on the back camera screen, it was easier to see that they were made of numerous cells. It was not possible at the time to capture this impression. The multicolor is real; no artificial stains except for iodine have been applied. In most cases, each color represented a different cell. Remember that everything in the picture is alive, even hair—when viewed as a functional follicular unit.*

Abdominal Coordination Centers

For about a year there were two much larger coordinating centers centrally placed on the big scar 5mm apart and consisting of more than 50 cells. (Figures 1, 5, and 7) Wrist centers remained in place from beginning to end. Each center in both pairs was independent and acted differently. The wrist centers had a palpable subcutaneous ridge between them while the abdominal centers had no such connection. Both pairs of centers took up iodine avidly after staining, and stored it.

Figure 8. *This is not hair #1, but the image shows the same type of kink that hair #1 did just prior to self-amputating at the kink site. A pair of hairs in the foreground emanate from the same follicle.*

Hair (Workhorse of Regeneration): Hair Types

Hair activities were central to regenerating scars. Time-lapse photography helped tease out details of hair's multiple activities. There are many types of hairs such as long, short, small, fine, thick, flat, and occasionally hollow. Hairs occur sometimes in groups of two or three. This is a summary of some of the findings on hair activities.

Some of Hairs' Activities:

- Hairs on their own move accurately to any cell location within reach in all directions. Sometimes wrist movement aided the hair movement.
- Hair movements were by short rapid jerks.
- Self-amputation is a repeating continuous property of hair in regenerating tissue.
- Hair stubs with follicle, after complete self-amputation, may disappear completely for weeks and then reappear and grow back.
- Hair carried regenate material to cells, coordinating centers, and to tissues in general.
- Hair follicles appeared to be the source of white regenerating material.

Hair cell and tissue signaling:

- Hair may have multiple methods of cell signaling such as touch, electrical, regenate material, and inter-hair communications.

Hair Study Methods and Hair Movement.

Wrist field hairs were numbered. Hair #1 is flat, making direction changes easier. (Figures 8-12) All hairs are capable of moving on

their own in short rapid jerks. Wrist movement aids hair movement sometimes. Destination changes occur as many as 6 times per day and more at night. Only once did the author see hair #1 move. Staring at the hairs for an hour was useless and mind-numbing.

Figure 9. *A photograph of hair #1 down the center with some regenate material on it. This is about b its actual size. The two coordinating centers are easily seen and present in a multitude of different forms all the way through regeneration. They are 5mm apart and there is a firm palpable subcutaneous ridge between the two centers not visible in this picture. Hairs also went to new destinations by rising up above skin vertically and then coming down at their destinations an hour or two later. These destinations appear to be exact, as the hairs return to the same spots numerous times. All these movements may be controlled by iodine, but arrector pili muscles near hair follicles also cause moving.*

Source of Snow-Like Regenate Material

In the first year it took many photographs to arrive at the conclusion that white regenate material forms in follicles and then transports up the hair. The mechanism of regenate material movement on hair is unknown. Most times white material is flat on the hair. The white material on hairs is discontinuous, raising the possibility of coding by another signaling system.

Figure 10. *Photograph of hair #1 and the two wrist coordinating centers. Hair #1 is delivering regenate material to the coordination center on the ulnar side of the wrist. Hair #1 is shortened even further in this picture. Regenate material can be seen on hair #1 and around the other coordinating center. Discontinuous regenate material shows on the hair curving over the top coordinating center in an almost code-like manner. The thinness of hair #1 near the follicle is related to this hair's flatness. Depending upon how the hair is photographed along its length, it can go back and forth between thick and thin.*

Hair Self-Amputation Multiple Methods

While watching hair #1, a kink formed about one quarter of the way up the hair from the follicle to the point the kink touched skin. (Figure 8) Within a few hours hair #1 self-amputated at that point. The cut-off hair end sank into regenerating tissues. The proximal short hair end continued as if nothing had happened, sending regenate material to nearby tissues. About a week later hair #1 self-amputated again near the follicle leaving only a short stub. (Figure 12) Then, approximately a month later, hair #1 grew again to normal size. On two occasions stub and follicle disappeared completely only to return again several weeks later. Self-amputation is a general hair phenomenon during regeneration. (Figure 12)

Figure 11. *Hair #1 making contorted moves, when it is longer, to deliver regenate material and/or signals to the lower center area. Its length is considerably longer than in the previous photograph. There are two small areas of regenate material on hair #1. Other hairs also show white regenate material.*

Oral Iodine and Regeneration

Oral iodine had no detectable influence on regeneration. Even high doses did not stop adult scar formation when topical iodine was discontinued.

What About Controls?

Normal controls were not possible. Multiple scars of different types, sizes, and severities—along with stopping and starting regeneration numerous times for variable periods—provided the only possible controls.

Discussion
The Hypothesis

The results of this case report support a hypothesis: Topical iodine in the form of Lugol's solution regenerates human scar tissue back to normal. Checks of result validity were put into methods and results. The procedure, as described, is harmless. So, physicians, scientists, and patients (with their physicians) can examine regeneration themselves. Regeneration is both unbelievably marvelous and at the same time mysterious because so many questions arise as it progresses.

Total Time of Regeneration

Because abdominal and colostomy scars act as if they are one big scar, when considered together, regeneration may take longer.

Waiting for completion seems unnecessary. Regeneration attended to properly without stopping should be considerably faster. But as this was an exploratory experiment and there was no hurry, stopping and starting regeneration was repeated many times, sometimes for as long as four months.

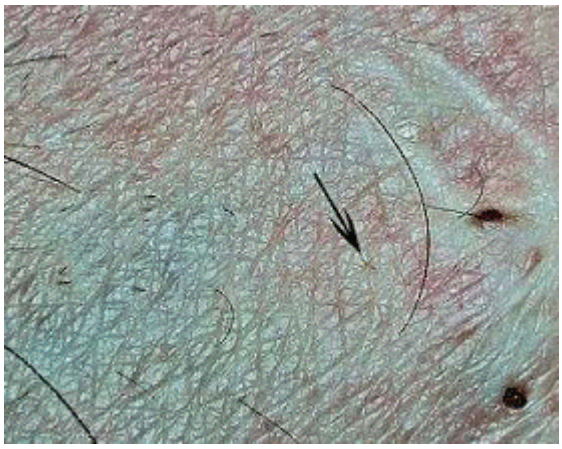


Figure 12. *Picture of wrist regenerating area (radial artery runs under this area and between the two coordinating centers). The hand is to the right of the picture. The arrow points to what is left of the stub of hair #1. Including hair #1, there are 15 hair stubs in this picture. This illustrates the magnitude of hair self-amputation.*

Two Types of Regenate Materials (Snow-Like and Globular Mass Type)

A byproduct of regeneration is regenate material. There are likely more unidentified regenate materials. Because of their reactions with iodine (changing color), regenate materials may turn out to be a host of new proteins with therapeutic potential. Tsoni states that a salamander's blastema formation is characterized by synthesis of

more than 130 unique proteins; during dedifferentiation 26 new proteins are made. These are two hallmarks of salamander regeneration. Globular masses could be another form of regenate proteins. More recent DNA studies show several hundred genes are involved with blastema formation when compared to normal limbs.

Plastic Wrap Effects on Regeneration Rate

Covering scar tissue with plastic definitely accelerates regeneration. It also makes photography more interesting. Two other benefits may come from covering regenerating areas: retaining moisture (similar to a fetal skin regeneration environment) and preventing free iodine evaporation.

Hair Self-Amputation

The finding of purposeful hair movement is startling. The only movement we are aware of is hair erection when a person is emotionally upset. Self-amputation of hair was another unexpected finding. But hair is strong and could add to tissue strength. We know scars are 70% as strong as intact skin, thus hair imbedded within regenerating tissues would strengthen it. How much cell signaling hair does is unclear. Many methods using hairs, from touch to electrical signals, could be passing information to cells and coordination centers.

Antisepsis and Regeneration

In a committee report to decide on the merits of reintroducing iodine for antisepsis, it was emphasized that iodine may be doing more in

wound healing than just antisepsis. This agrees with the findings of this case report.

Sponges (Porifera)

Sponge iodotyrosine content reaches 14% of total sponge amino acids, but the percent of iodothyronines (thyroid hormones) have not been reported. Sponges have possibly the greatest ability to regenerate of any animal; small pieces of tissue regenerate whole animals.

Flatworms (Platyhelminthes)

Flatworms lack a circulatory system (a network of vessels carrying fluids, oxygen, and food molecules to parts of the body). Consequently, all flatworm cells must be within Even with complex internal structures, flatworms regenerate when cut in half. diffusion distance of oxygen and food. This relationship is possible because flatworms have thin bodies and highly-branched digestive cavities. This structure would encourage access to ocean iodine at all times.

Treatment Potential and Verification

If verified, regeneration induced by topical iodine could be a treatment approach with significant potential. But even before that potential is realized, scientists, patients, and physicians should examine regeneration. As results reported here have taken three years and are still incomplete, further results may take some time to examine.

Acknowledgment

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Iodine and Instant Water Purification

Iodine is a very effective method for water purification. Its action is dependent on the concentration of iodine, the water temperature and duration of contact. For example, a concentration of 8 mgs per liter at 20 degrees centigrade will destroy all pathogens if left for 10 minutes. Lower concentrations and lower water temperatures require a longer duration of action.

Iodine tablets were developed during World War II to disinfect small amounts of water for emergency or temporary use. A few drops of tincture of iodine or iodine tablets are popular with campers and the military for disinfecting water. An iodine residual of 0.5 to 1.0 mg/l should be maintained and iodine at this level gives the water little or no iodide taste or odor.

Today one can harness the power of iodine in the LifeStraw. The LifeStraw is a **personal, portable water purifier that eliminates virtually all waterborne bacteria and most**

viruses responsible for causing diarrheal diseases. When someone sucks through the straw, the water flows through textile and iodine filters, which kill off viruses and bacteria such as E. coli. The product, which costs as little as $3, has won a number of awards, including the 2008 Saatchi & Saatchi Award for World Changing Ideas.

LifeStraw has the potential to save many lives.

"The LifeStraw empowers people so they don't have to wait for the government to come up with solutions," says Mr. Frandsen, who is now 36 and president and chief executive officer of the family's Lausanne, Switzerland-based company, Vestergaard Frandsen, which manufactures the LifeStraw. The light blue straw with a resilient polystyrene shell should be on everyone's survival list as we prepare for the increasing difficulties in the world.

Jeff Nene, a spokesman for Convoy of Hope, says people in dire situations make the mistake of drinking dirty water not realizing the impurities can cause diarrhea, dysentery and eventually death. "You can go for a long time without food," he says. "But you can't live long without water."

Relief agencies are using this straw
for communities devastated by natural
disasters.

The LifeStraw, introduced in 2005, is 10 inches long and weighs about 4.3 ounces. When someone sucks through the straw, the water flows through textile and iodine filters, which kill off bacteria and viruses. A second chamber consists of granulated active carbon that absorbs residual iodine, thereby improving the taste of the water.

One straw is capable of purifying at least 700 liters (182 gallons) of water, removing an estimated 99.9% of bacteria and 99% of waterborne viruses. The straw doesn't completely remove turbidity from water or make saline water potable. It also doesn't remove or filter heavy metals.

Families pour water into the purifier, which kills off parasites in addition to viruses and bacteria that cause diarrhea. It is designed to last long enough to provide about two years of clean drinking water for a family of six.

Protocol Components

Below is an updated version of my protocol components. For the first time I bring onto one page not only an outline of the protocol but links to the companies that sell the medicinals and medical devices.

The Natural Allopathic Protocol is powerful and at the same time extraordinarily safe because nutritional medicines, not pharmaceuticals, are employed. They are water-based highly concentrated nutritional medicines, not chemical, and the supreme ones areoxygen, magnesium chloride, magnesium bicarbonate, sodium bicarbonate (baking soda), selenium, sulfur, iodine and glutathione.

Vitamin C can be added to that list but unfortunately you mayhave to force doctors and hospitals with legal process to administer it intravenously when high dosages are needed. Court orders are effective in such cases and have been known to save lives because vitamin C is that useful in a medical pinch.

Every one of these medicines can be used to great advantage not only for emergency situations but also for cancer, diabetes, the flu, neurological disorders, heart disease and stroke. Few doctors or patients know how these medicinals can be used at home safely to treat ourselves and our loved ones. When used in combination with each other they constitute a new form of medicine that is powerful yet easy to learn.

Anyone who sees and comprehends the potential medical horsepower of the full protocol will indeed realize what a powerful approach we have for giving everyone the best chanceat not having to die from cancer. There are many ways to treat cancer, and combining the strongest and most necessary medicinals yields the best and most rational approach.

Anti-Inflammatory Oxygen Therapy

At the top of the protocol is the Tiger Tank of the medical world, which thrusts the entire protocol beyond anything seen or available in the world of medicine, health, anti-aging, sports and beauty. The world of alkalinity and pH changed with the discovery that the **most important factor in creating proper pH is increasing oxygen.**

In my book *Anti-Inflammatory Oxygen Therapy* I will introduce a new way of injecting massive amounts of oxygen into the cells, which will profoundly affect them. In fifteen minutes one can blow the cells doors down allowing them to detoxify as they gulp down high levels of oxygen. The breakthrough is that it actually raises the arterial pressure back to youthful levels.

I have discovered a technique that offers much higher therapeutic results than an expensive, inconvenient hyperbaric chamber and can be done in your bedroom. A person needs an oxygen concentrator, exercise bicycle or, rebounder and a new mask kit with a reservoir that stores up enough O2, before you even begin to use it, to supply the correct amount of oxygen needed for one fifteen minute session. It offers a trip to cellular heaven.

This therapy is like putting out a candle flame with your fingers. In the first 15 minute session (or let's say first four sessions) the inflammation in the capillaries will be snubbed out and their toxins will be cleared. Oxygen will rush into the cells bringing the energy and the physiological processes necessary to heal.

Oxygen is all around us but hardly anyone gets enough. It is a paradox that few understand. But it is the reason that sodium bicarbonate is such a wonderful medicine. It gives one instant access to more oxygen because the bicarbonates/CO2 dilate the blood vessels ensuring more blood and oxygen get delivered.

1. **Anti-Inflammatory Oxygen Therapy –** Live O2

2. **Bicarbonate/ Carbon Dioxide Medicine** (sodium and potassium bicarbonates)

3. **Magnesium Medicine** – Magnesium Oil, Magnesium Bicarbonate Water

4. **Iodine** (with possible inclusion of natural thyroid hormone)

5. **Liquid Selenium, vitamin E**

6. **Glutathione** (sublingual, nebulization, suppositories)

7. **Cannabidiol (CBD)** (legalized medical marijuana without THC) (THC where it is legal)

8. **Far-InfraredBiomats** (treatments for cancer and pain)

9. **Breathing retraining** (slowing the breathing down, cancer treatment, stress reduction)

10. **Tears of the Melting Heart** (connecting directly with one's own vulnerability)

11. **Vitamin C** (high ORAC antioxidant therapy)

12. **Sunexposure, vitamin D**

13. **Bioresonance Therapy** (frequency medicine fromDeta Elis)

14. **Water** (medicinal quality and full hydration)

15. **Sexual Healing and Health**

16. **Nutrition:** Super foods, spirulina, hydrochloric acid, natural chelation, enzyme therapy, vitamins A & B, juice fasting, aloe vera, organic sulfur (MSM), alpha-lipoic acid, sodium thiosulfate, seawater

17. **Intestinal health** (probiotics, enemas, colonics, clay, etc.)

18. **Exercise, yoga** (Social support, therapeutic support, therapeutic massage, spiritual processing, abdominal shiatsu)

19. **Ayahuasca,** Mistletoe (Viscumalbum)

The World Health Organization is on record saying that illness and deaths from cancer will increase by more than 25 percent over the next decade. Look at the above protocol and contemplate that just 200 mcg of selenium will decrease your chances of dying from cancer by 50%. In the Natural Allopathic Protocol for cancer we give up to 100 times that dosage, which is safe to do as long as the right type of selenium is used. Much safer than aspirin!